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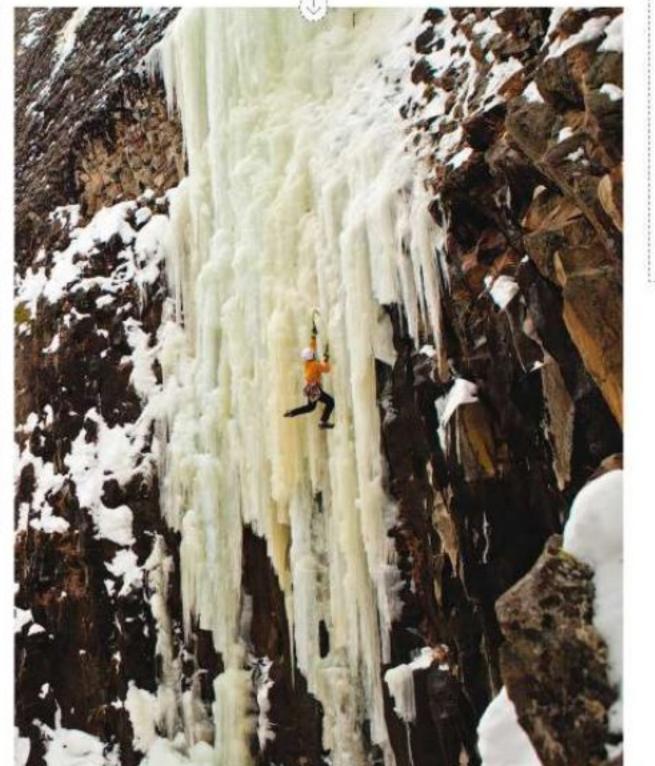
Are you Climbing Enough? Probably not.

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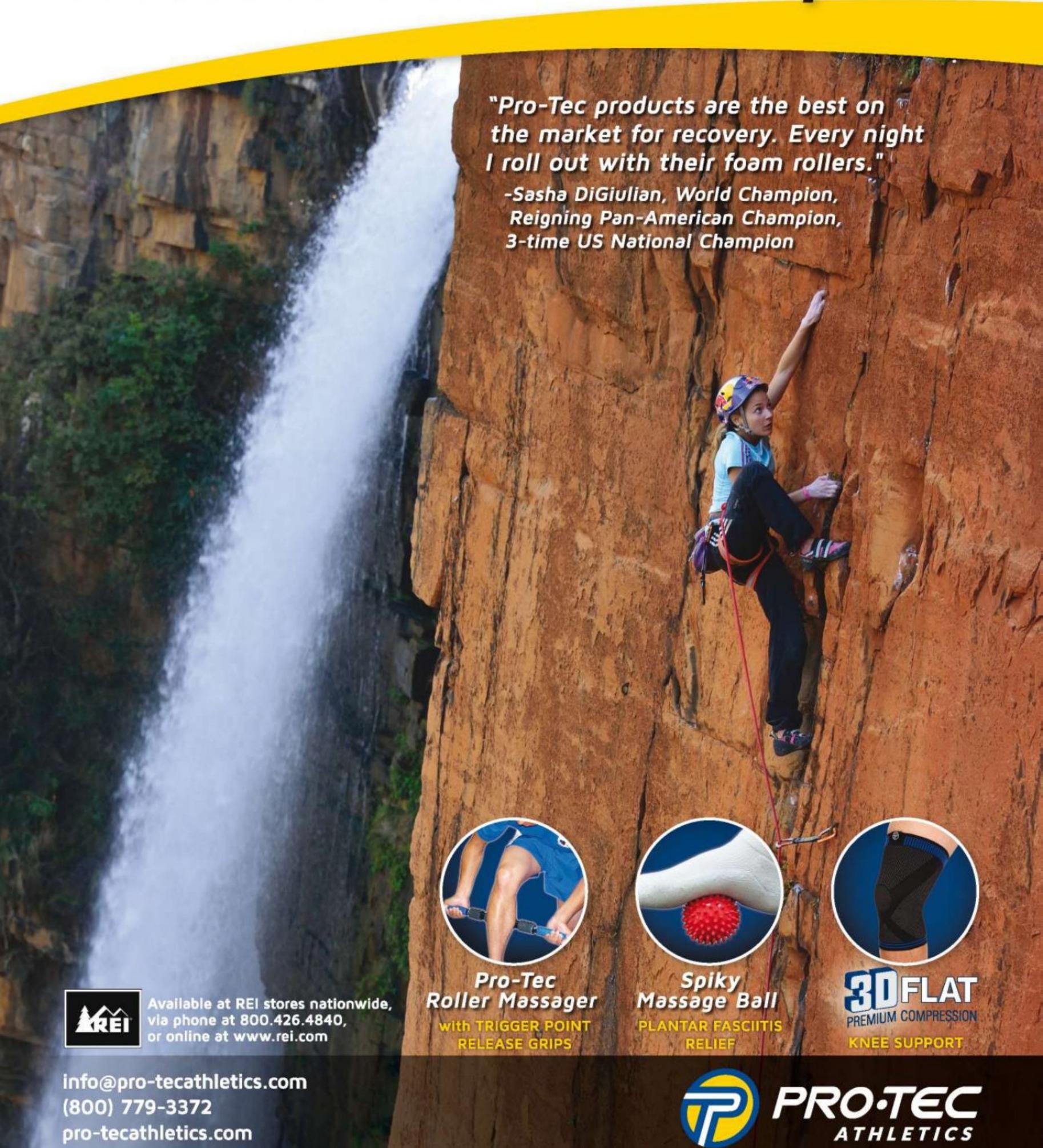






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## Recover Like A Champion!

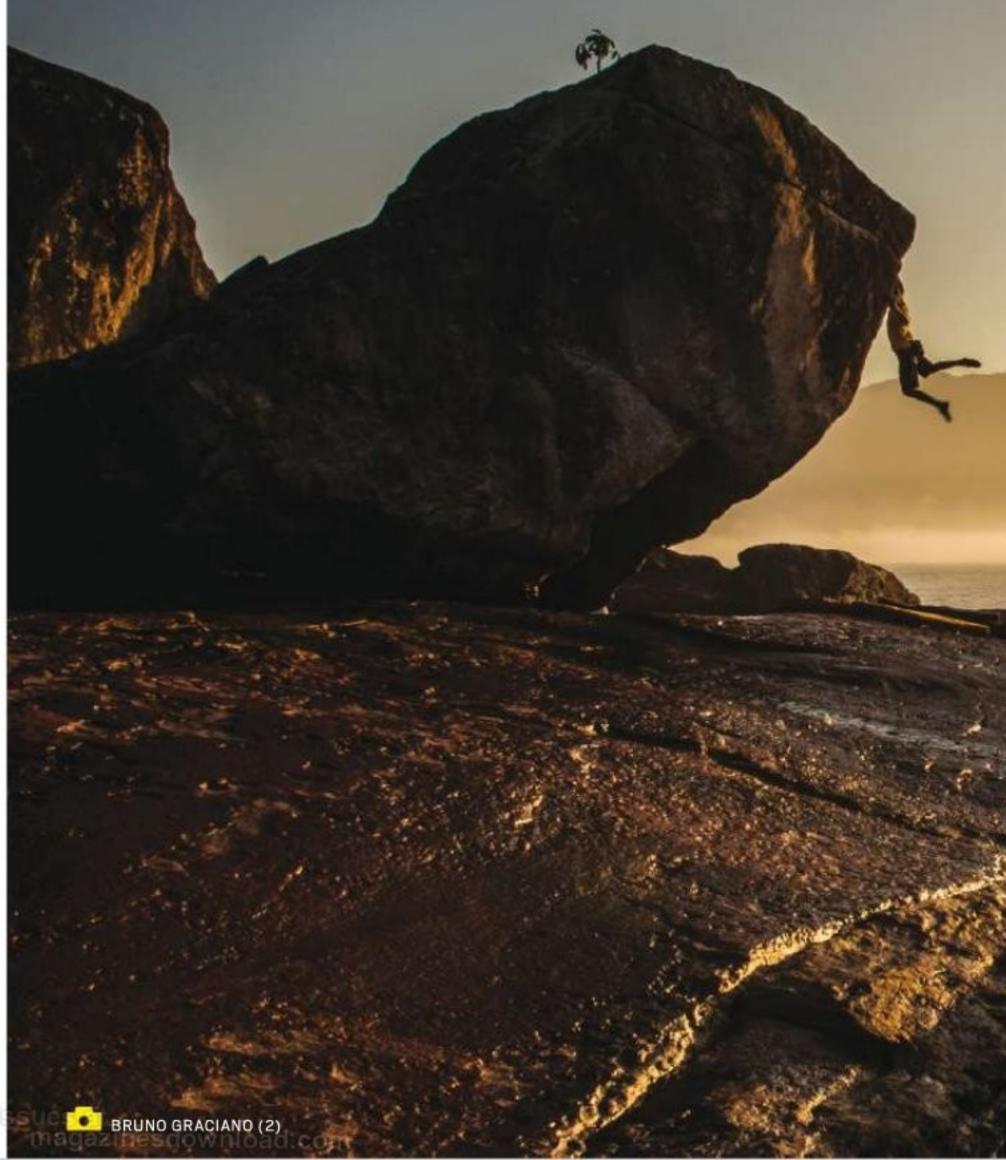




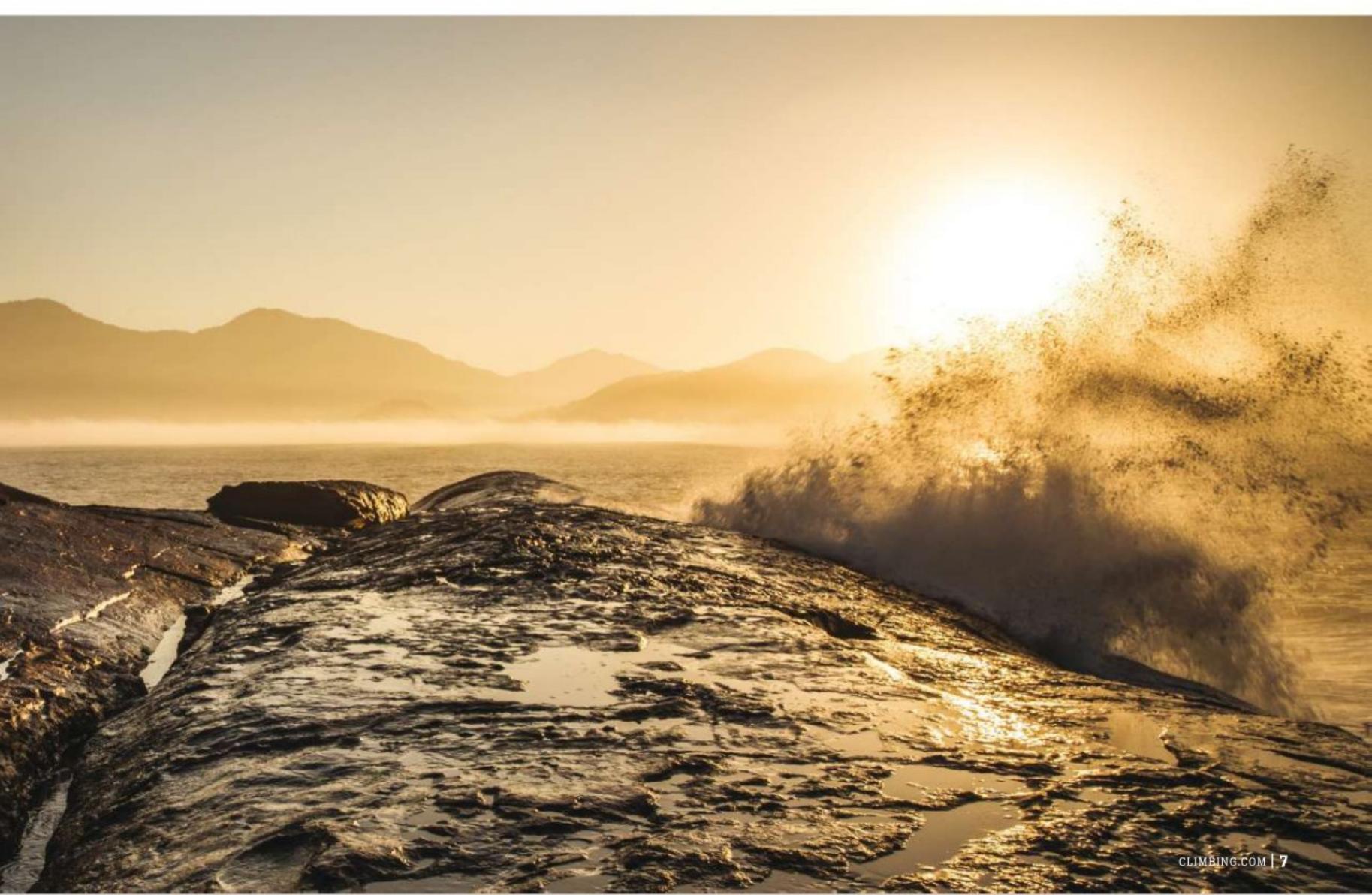
- 2. On a trip to Brazil to establish as many first ascents as possible, Kevin Jorgeson repeated 100 Limite, a V11 opened by Gustavo Fontes in Itatiaia National Park (an area so beautiful it was declared the country's first national park), near Rio de Janeiro.
- 1. Felipe Camargo on the coastal first ascent of Fortaleza at one of the many beaches in the fifth-largest city in Brazil—Fortaleza, near São Paulo. This first ascent is also the first V15 in the country.
- 3. Gustavo Veiga, local climber, first ascensionist, and proponent of Brazil as the world's next climbing mecca, gives it some grrr to send Rastafari Baby (5.13b/8a) in Pedra Vermelha, Brazil.

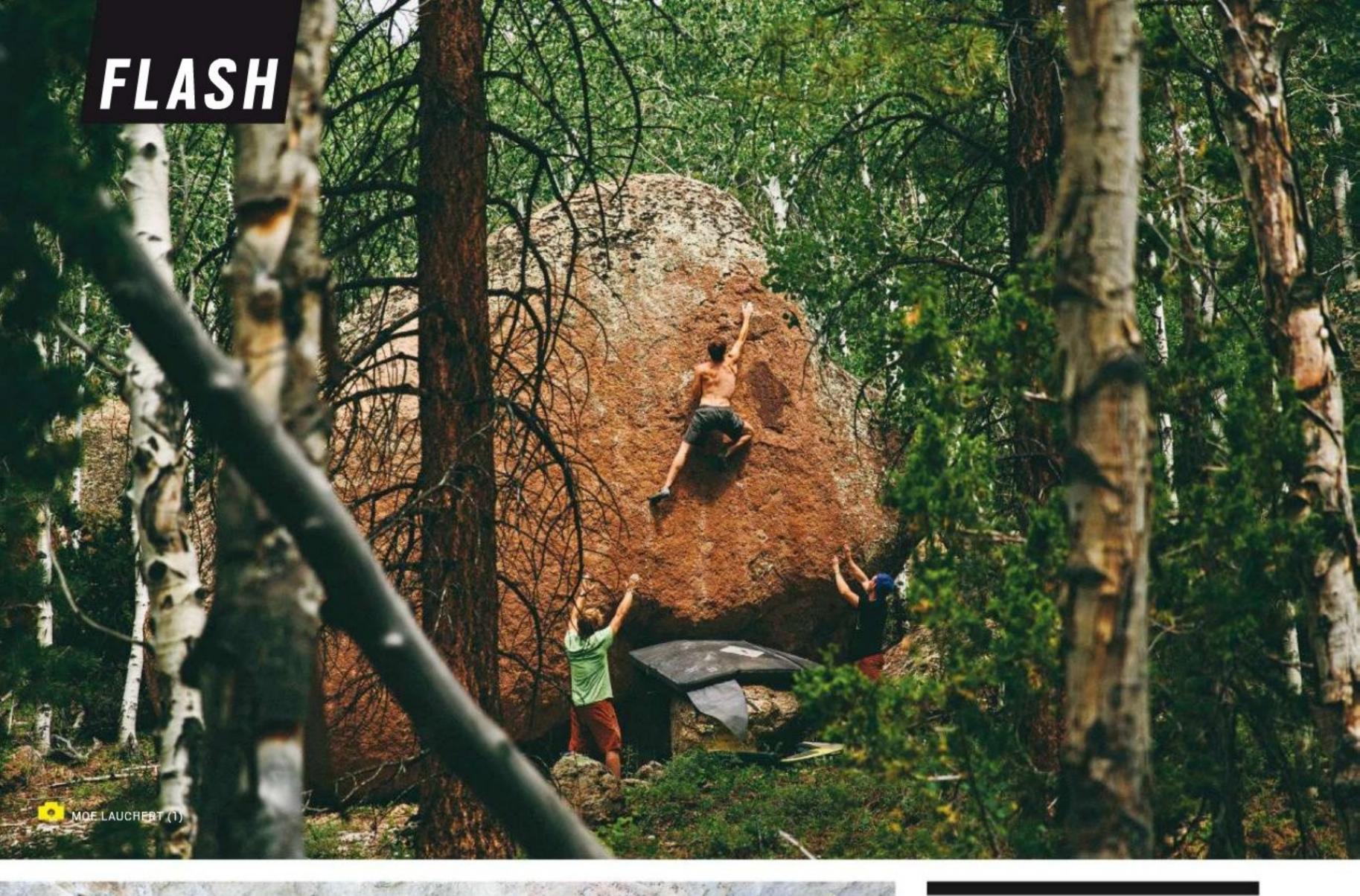
Congrats to 2014 Reader
Photo Contest winner
Bruno Graciano, who
scores a Samsung Galaxy
S 5 Active smartphone
(with 16-megapixel
camera with 4x zoom) and
a Gear 2 wearable device.













- 1. On a no—tick list trip filled with unnamed rocks, cleaning lichen, breaking off loose chunks of stone, and bushwhacking—all for the sake of finding new problems—photographer Moe Lauchert and his friends found some real beauties in the Utah wilderness, including this pristine V4. Lauchert says, "We left many of the problems without names so the next group could stumble upon this anomaly in the forest themselves."
- 2. Jonathan Siegrist cruises up this 5.13a called *Lucy*, which became his daily warm-up at Voralpsee in Switzerland, a crag that he called "one of my very favorite crags, ever." This perfectly clean wall of limestone features crimps and slopers on lines that max out at 35 meters (115 feet), with the easiest route on the wall being 5.11d/7a.
- 3. The desert doesn't always deliver sunny, dry days. Bad-weather days can be quite the opposite, in fact. After experiencing rain, snow, sleet, and wind, Pamela Shanti Pack worked her way up *Birth* (5.10) in Indian Creek, Utah, with fellow offwidth badass Patrick Kingsbury on belay.
- 4. Sometimes the approach is just as beautiful as the climbing, as Matthes DeShazo found out while avoiding waves on his way to boulder at Lost Rocks in Humboldt County, California. As with many coastal climbing destinations, the sand here provides a pleasantly soft landing area, but it can also rise and fall drastically over the course of a few days, turning otherwise short problems into highballs or completely covering the beginning moves of low starts.





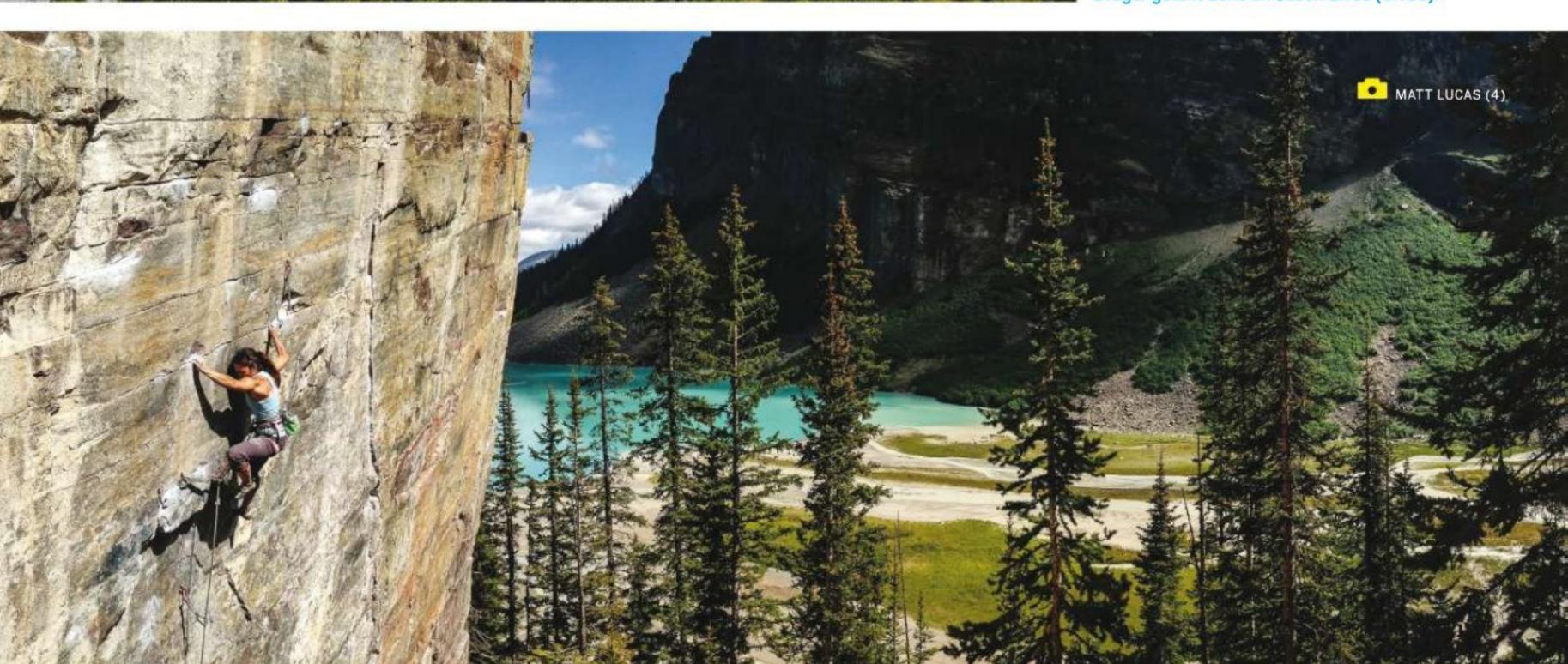






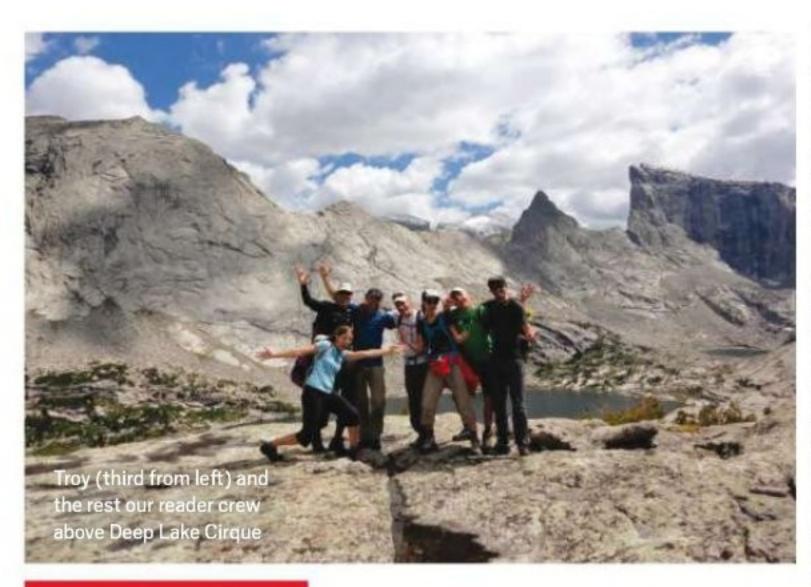


- 1. To get on one of the most classic multi-pitch alpine routes in the West, you might have to risk finishing in the dark. Or you might just suck it up and do the whole thing in the middle of the night, which is what Chase McMillan and Greg Osborne opted for on a midnight ascent of Lone Peak Cirque's much-loved Lowe Route (5.8) in Utah.
- 2. Midwestern ice isn't just for hockey anymore, as the perpetually frozen winters and countless bodies of water in the area result in some of the country's best ice climbing. Here, Adam Dailey takes his pick of the dozens of lines that tower over the western shore of Grand Island, Michigan, in the dead of winter.
- 3. At one of the most aesthetic crags in North America with turquoise waters that rival the most beautiful Caribbean islands, climber and area first ascensionist Daniel Martian links up Maxi Pista and Lion's Head Express into a challenging 5.14b mega-route at Lion's Head in Ontario, Canada. Other notable strongmen who have established routes at the crag are Peter Croft and Sonnie Trotter.
- 4. With trad and sport climbing in spring, summer, and fall and ice climbing in winter, Lake Louise in Banff, Canada, is a jack-of-all-trade climber's dream, but with always-changing alpine conditions, even the easiest routes can elude a veteran climber's efforts. Here, Kelly Drager gets it done on Jason Lives (5.13a).





## THE APPROACH



EDITOR'S NOTE

## Climb Like Troy

BY SHANNON DAVIS

Climbing reader Troy Martin is a 50-something financial manager from Wisconsin, and he's my favorite climber. Troy lived in Boulder, Colorado, in his younger years and was always intrigued by the plethora of rock climbing in the Front Range—but, as he puts it, "The demands of a responsible life pulled me away from the mountains." That's his way of saying he scored a job he couldn't pass up and that it just happened to be in Wisconsin.

"I had always dreamed of learning to climb but didn't take the opportunity when I had the chance," he says, "but the dream never left me."

Troy married, built a family of eight kids ("Yes, eight!" he laughs), and climbed the corporate ladder. Then, after 27 years of marriage, he lost his wife to breast cancer. The loss was debilitating.

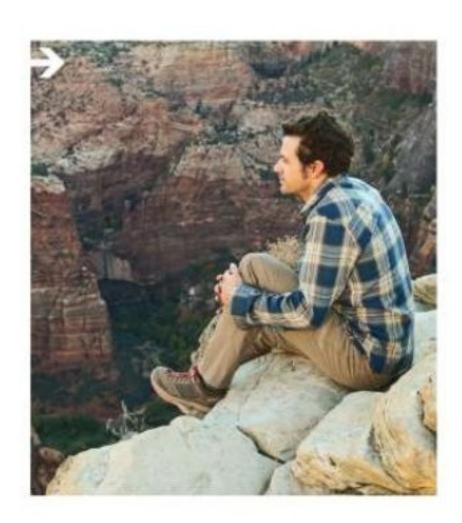
"But as I worked through this painful experience, I came to realize that I'd been given the chance of a second life at age 50, and I committed myself to living it fully and not letting cancer rob me of any more than it already had." And so he finally started climbing, making trips to Colorado, taking climbing courses with Colorado Mountain School, and climbing at his local gym. After seeing the change it made in his own life, he joined Climbing's Summit for Someone fundraising climb in Wyoming's Wind River Range (climbing.com/bcm.)

"Through climbing I found peace," he says. "Maybe I can inspire others to overcome challenges they face with passion and optimism, as I am attempting to do each day." Climb like Troy, and consider joining us in 2015.

#### CONTRIBUTORS

#### **BRENDAN LEONARD**

The occasional Denver resident is a contributing editor at *Climbing* and *The Dirtbag Diaries* and the creator of *semi-rad.com*. In this issue he writes about the Not Climbing Enough syndrome, an affliction he suffers all too often (p. 50). He finally Climbed Enough for a brief period this past fall on a trip to Zion. "I topped out on two big walls in four days, both in the dark," he says.



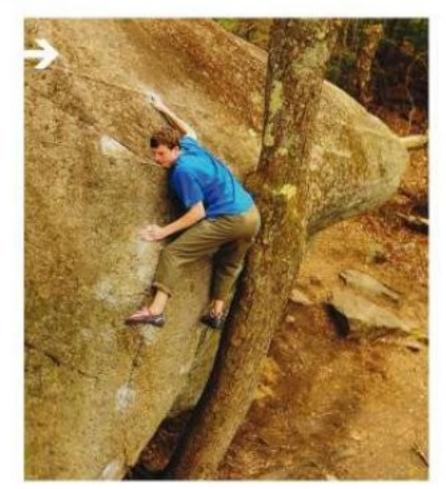
#### **MEAGAN MARTIN**

Martin is a Boulder, Coloradobased professional climber who recently competed on NBC's "American Ninja Warrior." She advanced further than any other woman on the National Finals Course in Las Vegas in her first season competing. On page 16, she tells us why climbers have a clear advantage in this crazy obstacle course. Then on page 28, she delivers tips on tackling one of the trickiest rock features: the daunting sloper.



#### J.P. WHITEHEAD

Our crusher of an intern started climbing at age 12 in upstate New York. In high school, he started a blog to document bouldering in Adirondack State Park, and a dream was born: to write and climb full-time. In this issue he wrote about damn near every topic from skills to nutrition to destinations—all while pulling V8. J.P. is studying journalism at the University of Colorado in Boulder.



#### HIGHLIGHTS FROM THE JOURNEY

#### Signing The Pact

Our friends at the Access
Fund are starting a great
program called "The Pact."
It outlines ways to be an upstander at the crag, not just a
bystander. Learn more about
the initiative on page 14.

#### Learning it's OK to be selfish

A common negative refrain about climbers is that we only think of ourselves and climbing. Duh! Climbing is fun. Climbing is hard. And both qualities make us want and need to do it all the time. On page 23, single mom (and total badass) lnes Papert gives us some advice on progressing and finding balance.

#### **Getting cultured**

Who wouldn't want to be like this guy? (p. 52)



#### Turning down \$1 million

In our Readers' Choice Survey (p. 60), we asked if you'd quit climbing for the rest of your life if someone offered you a million bucks. Seventy-five percent of you checked No. And we love you for that. As for the other 25%... Can we borrow \$50 for gas?

#### EXCERPTS FROM LETTERS WE WILL NOT BE PUBLISHING

We get a lot of great reader mail here at Climbing. The best letters come from people who have a personal connection to a story, were moved or motivated by an article, or have taken the time to thoughtfully provide a dissenting opinion from our own. We sincerely appreciate this type of feedback. We also appreciate the other kind of feedback, that which we cannot make sense of. Here are some context-free highlights. Get in touch with us at letters@climbing.com.

- →"I am interested in mountainsummiting articles, but there is too much cliff climbing in this magazine."
- →"It's hard enough to keep children in today's society away from moral decay."
- → "Every female climber I know condemns your magazine for the female crotch shots."
- → "Can you help me follow my dream by letting me spend some time being your apprentice and learning everything I can

from you and climbing with you?"

- →"I am an avid rock climber (when I am not incarcerated)."
- → "That's not to demean porn as a whole, but rather to acknowledge that the world of porn has some really dark sides."
- → "First time 5 times more detailed/10 also goes north my step dad Yosemite this goes with first Chamber st Helens to prevent flow."

(This was the most lucid part of a letter written across two photos of Boulder, Colorado, with a time stamp from 2011. The return address was the International Space Station.)





letters@climbing.com /climbingmagazine



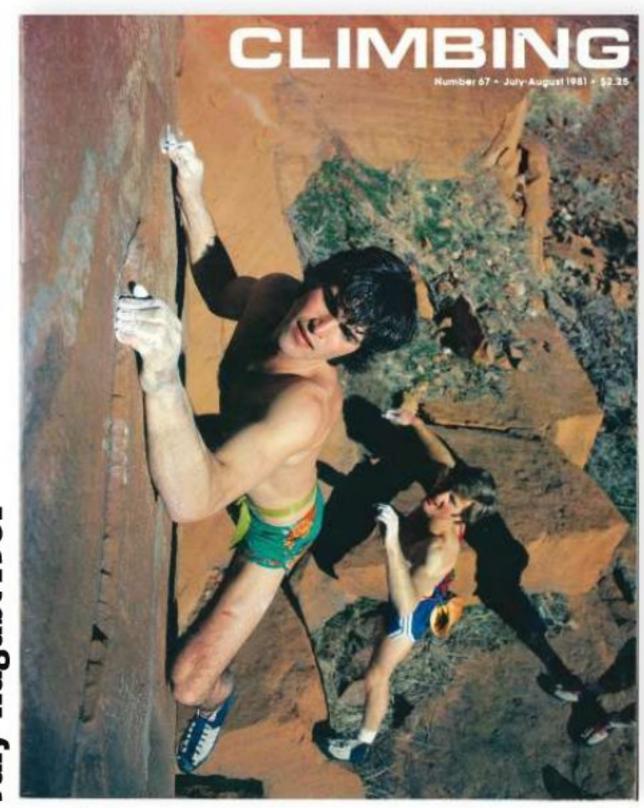


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#### Climbing's Bad Cover Hall of Fame

Mark Wilford is known for putting up countless first ascents on big objectives from Greenland to the Karakoram, but in this photo from bouldering's early days, he wins the superlative for shortest, most florally printed shorts ever to grace our cover.



#### STEWARDSHIP

The Access Fund laid out this list of practices to minimize impact and ensure that our crags stay open for years to come. The Climbing staff has signed the pact to maintain these principles. We urge you to do the same at accessfund.org/thepact.



#### **OVERHEARD**

"On one long route I was being lowered but swung out too far and was about to hit a tree, so I grabbed a hold on the face and shouted at Pete to hold me one second to redirect myself. What did he do? He thought I'd said 'off belay,' so he untied, chucked the rope off the top, and left me abandoned on this hold! It all worked out with a little down-soloing, though."

> -Tom Randall, on his blog, describes a hairy moment during the day he climbed a marathon 130 routes with partner Pete Whittaker.

"This a pad for climbing. We wear them on our backs while we climb big cliffs. If we fall, we try to lean back and land pad-first, so we don't get hurt."

> -One of 10 fun ways Justin Roth explains the crashpad on his back to non-climbers. Read the other nine on his blog, The Stone Mind (thestonemind.com), and read more about his blog on page 64.

"This strenuous problem begins with a sitdown start. Sidepull your way up the pumpy and continuous arête on dicey feet until you can dyno for the lip. Once at the lip, the secondary crux is topping out on the exposed boulder."

> -Mountain Project description for Little Devil (V11 X), a three-foottall boulder in Castlewood Canyon outside of Denver that's becoming the site's Three Wolf Moon.

RE-GRAM

#### Show Us Your #HomeClimbingWall!

Right now, the United States is experiencing an influx of the most incredible climbing gyms we've ever seen. But sometimes it's nice just to train at home. It could be cold out. You might only have 10 minutes to spare. Or maybe you don't feel like putting on pants. That's when it's great to have your own wall. We reached out to readers to show us their #homeclimbingwall and received the following delightful assortment of wall sizes, shapes, and colors.



"The wall has slabs, overhangs, and roofs with about 600 square feet of climbing." -Dylan Rankin (@dylanclimbs)



"My house gives me something to train on when I'm not at the local gym, which is 30

miles away."

-Dave Gregory



"Our home climbing barn. We recently put up new art and a crack system-it's hard!"

—Greg Martin



"My home lead route." —Ana Marisa Correia (@anamarisacorreia)



"Sydney cruises around on the 55° wall in our home bouldering gym that we call The Dojo."

-Howard T. Welser



"Left side of the garage is an adjustable 45° HIT Strip system wall and a 15° wall. Right side is a 6-foot-deep, 8-foot-wide overhanging roof with a 45° finish to the ceiling and a hand crack that runs along the roof."

> -Philip Sanchez (@sanc5961)



"My backyard is like my fortress of solitude. It's where I go to learn and practice. What I've built gives me the opportunity to train at the highest level so that when it comes time to perform, I know I've trained for everything possible."

> -Gordon McArthur (@machovok)



"I cut a hole in the ceiling so we can climb up to the second floor, right outside my 9-year-old son's bedroom. When you go through the ceiling, you find yourself in a closet. I'm hoping to extend the climb up through the closet to the third floor, too."

> -Frances Garrett (@frances.garrett)



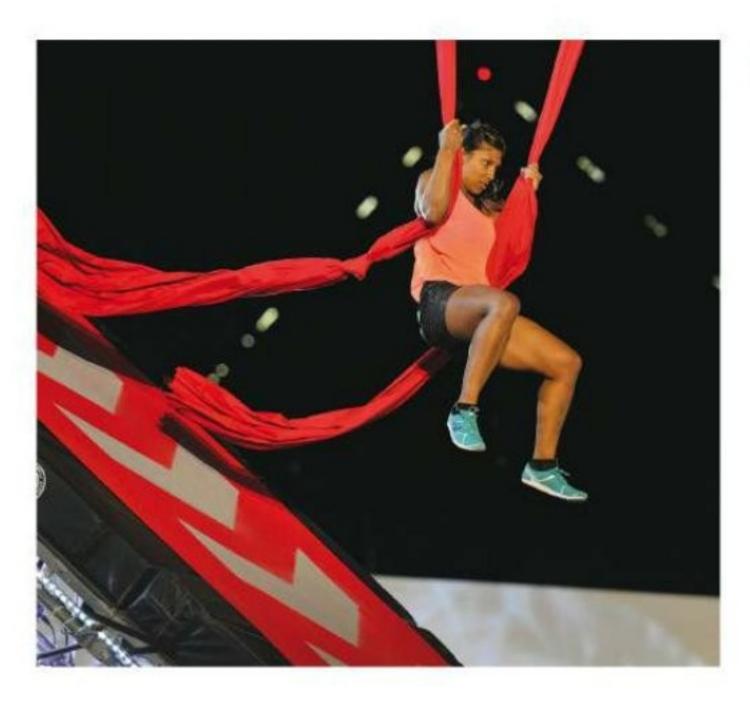
"Our wall has two rules. One is that you have to do the Shot Route, a V2/3 that involves two tequila shots, one at the beginning and one hanging in the roof at the obvious crux. The second rule is everyone measures their ape index and signs the wall."

> -Eric DeHaven and Nicole Lyons (@ericdehaven)



"This is my second wall. I live in Huntsville, Alabama, and my first wall was destroyed by the tornados back in 2011. The original wall actually saved my house from being destroyed when it caught a 65-foot tree, sacrificing itself in the process."

> -Toni Craft (@toeknee\_nicole)



#### OFF THE WALL

## Meagan Martin: An American Ninja Warrior

BY KEVIN CORRIGAN

AS A CLIMBER, it's easy to watch American Ninja Warrior and say, "I could do that." The obstacle course is full of things to be campused, jumped across, or balanced on. It seems designed for our skill set, with most objectives requiring a vice grip and unlimited pull-up strength. Competitive boulderer Meagan Martin wasn't sure she could cruise the course when she was invited to audition by the show's producers, but she did think it would be a fun challenge. She went on to become the first woman to finish the Denver qualifying course and the Jumping Spider obstacle in finals. We spoke to Martin about her experience.

#### What made you decide to enter Ninja Warrior?

They wanted more climbers and emailed a bunch of us. I thought it might be fun, but I was also thinking that I didn't want to get hurt doing something that's not climbing. So I went back and forth. Then I decided to make a video and see what would happen. I got the callback a week before the first qualifying course.

#### Did you train specifically for the show?

Not really. I didn't have time because I had Dominion Riverrock, the Toronto World Cup, and then the Vail World Cup. That all happened within the two months of Ninja Warrior, so I was mostly just training for climbing. I did go to the parkour gym a few times. Luckily, I am in shape for climbing, and I think my background in other sports was helpful for my overall coordination.

#### Before climbing, you were a gymnast and pole vaulter. How do you think those sports helped you?

I think all of them together were helpful. I don't think one was more helpful than the other. I'm really strong right now because of climbing; I train for it five days a week. Any upper-body stuff should be simple, but knowing how to jump on a trampoline, knowing how to balance, and having leg strength were important, too. So gymnastics and pole vaulting were definitely helpful.

#### What's an actual day of shooting for the show like?

My call time for the Denver qualifying round was at 11 p.m. I thought I was going to be there for an hour, and everyone was like, "Oh, no. We're gonna be here all night." I was like, "What? Are you kidding?!" I didn't have enough layers. People brought crashpads to sleep on. I didn't have anything; I didn't even bring food. Luckily, they did feed us. I ended up doing my qualifying round at 5 a.m., got home at 7 a.m., then I had to be back in Denver at 5 p.m. I think I went the next day at 3 a.m.

#### Did you get to practice on the course beforehand?

They don't let you practice, but you can watch everybody. And they do walk you through everything. A tester shows you every obstacle, then you can watch from the warm-up area, but you can't see everything from there and you can't leave that spot, so there are still things you miss that might be beneficial. For example, it'd be nice to watch someone closer to your height run the course if the tester is way taller.

#### Were you competing for fun, or did you set out to win?

It was something to try for fun, to see what happens. It was nice to have another athletic outlet away from climbing because climbing is really fun, but it's my job, too. It's more serious. This was like, "An obstacle course, why not?" I didn't spend the whole year preparing for it like a lot of people, so I felt like I didn't have much to lose. It was all about fun.

#### So how dangerous is the course? Was getting hurt a concern?

In hindsight, I think maybe I should've thought about it more, because you can get hurt. Other people on other courses did. One girl was telling me how she tweaked her shoulder on one of the obstacles. When I fell into the water off those swinging cones, it totally knocked the wind out of me. That water is not deep! It's only like four feet. And it's freezing! Especially in Denver. It was so cold that week.

#### Do you think climbers have an advantage in the competition?

Climbers have an advantage because of how much upper-body stuff there is, but then there's also a lot of coordination and lower-body stuff that climbers aren't as good at. That's where the parkour guys excel. Like trampolines and swinging. Climbers tend to stay in a locked-off position when they swing. I know to keep my arms straight because I'm a gymnast. It's little things like that, which climbers aren't used to. But when it comes to upper-body strength, everything is simple for a climber. Definitely an advantage.

#### What obstacles were the hardest?

On the first day, the jump to the cones was far, but it wasn't super hard. For the second day they pushed them back eight inches and made it basically impossible for someone my height, which was a bummer. The Devil Steps—the campusing part wasn't hard, but the transition was a lot farther than I thought it would be. The Jumping Spider was difficult, and the Warped Wall wasn't necessarily hard, but you're tired at the end of the course, which makes it more challenging.

#### Any advice for other competitors that make it through the audition process?

Have fun and don't take it too seriously.

#### Will you compete again next year?

Oh, definitely.

GET MORE: Download our iPad edition or go to climbing.com/ninjawarrior to see highlight clips and get information on how to apply.





#### THE APPROACH

#### UNBELAYVABLE!

### Scary (and true) tales from a crag near you

I was belaying from above when another climber topped out and set up next to me. He was braced over a rock with no anchor or belay device, belaying his follower by pulling up rope hand over hand. I offered to let him use my anchor, but he said, "It's OK. She's really light." I did convince him to put his partner on the anchor. Reluctantly, he clipped a locker in and looped the rope once around it (not a Munter hitch), and then continued pulling up rope. Luckily, his partner did not fall.

-Benny Kong, via email

LESSON: Never belay anyone, even a child, skinny girl, or "really light" person, without a mechanical advantage. You may be able to hold their static weight, but the force of a falling body multiplies quickly. That's why you really should use an anchor and a belay device or Munter

hitch. Those two things in combination let the rock hold the weight of your partner instead of your pumped human arms. A Munter is less than ideal because it will kink up your rope, and a single loop around a carabiner won't cut it because it basically adds nothing to the system.

I was in a gym. An impatient woman nearby asked a stranger to belay her. The stranger said sure, and she immediately took off up the wall. She got to the top, yelled "take," then started to lean back. That's when I looked over and yelled, "Don't let go!" The belayer had been pulling down rope, but not through her belay device. Had the impatient woman let go, she would've decked. She was never on belay.

-Zach Coburn, via Facebook

LESSON: Always vet a new partner's skill and experience before placing your life in their hands, and, like with any partner, check that his belay device is properly threaded, biner is locked, and harness is properly secured. Had impatient woman asked her new partner if she knew how to belay, she likely would have admitted that she did not, and this close call could have been avoided.

I warned a nearby couple that they'd need a 60-meter rope to get down the route they were planning and told them to knot their rope ends if they were uncertain. I said it four times. When they did lower, I watched and realized they were going to come up short. The belayer was oblivious, and they'd failed to knot the ends. They were 10 meters short without the gear or

knowledge to get down. I ended up joining our ropes and taking over.

-Andrew, via Climbing.com

LESSON: It sounds like this couple lacked a basic understanding of core climbing skills. Maybe they didn't know the length of their own rope or how to knot rope ends properly. That's assuming a lot, but it doesn't hurt to confirm that another party understands you when offering crucial beta. Always knot the end of your rope: A simple double overhand works great. Check guidebooks, Mountain Project, and with locals for a route's length. There's no excuse for coming up short on rope, but accidents happen, so it's good to know what to do, just in case. Take a class or hire a guide to learn some basic climbing and self-rescue skills.

See something unbelayvable? Email unbelayvable@climbing.com.



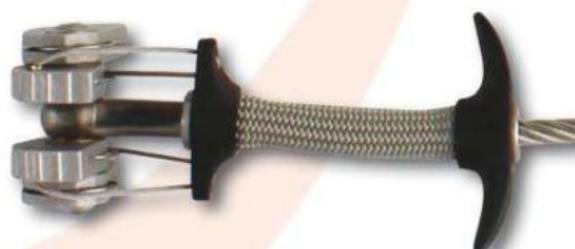


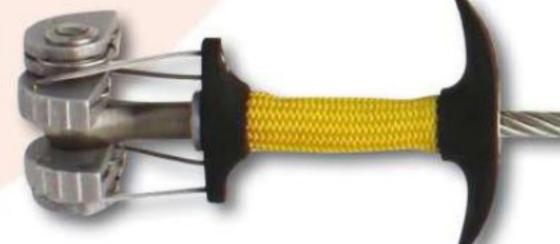


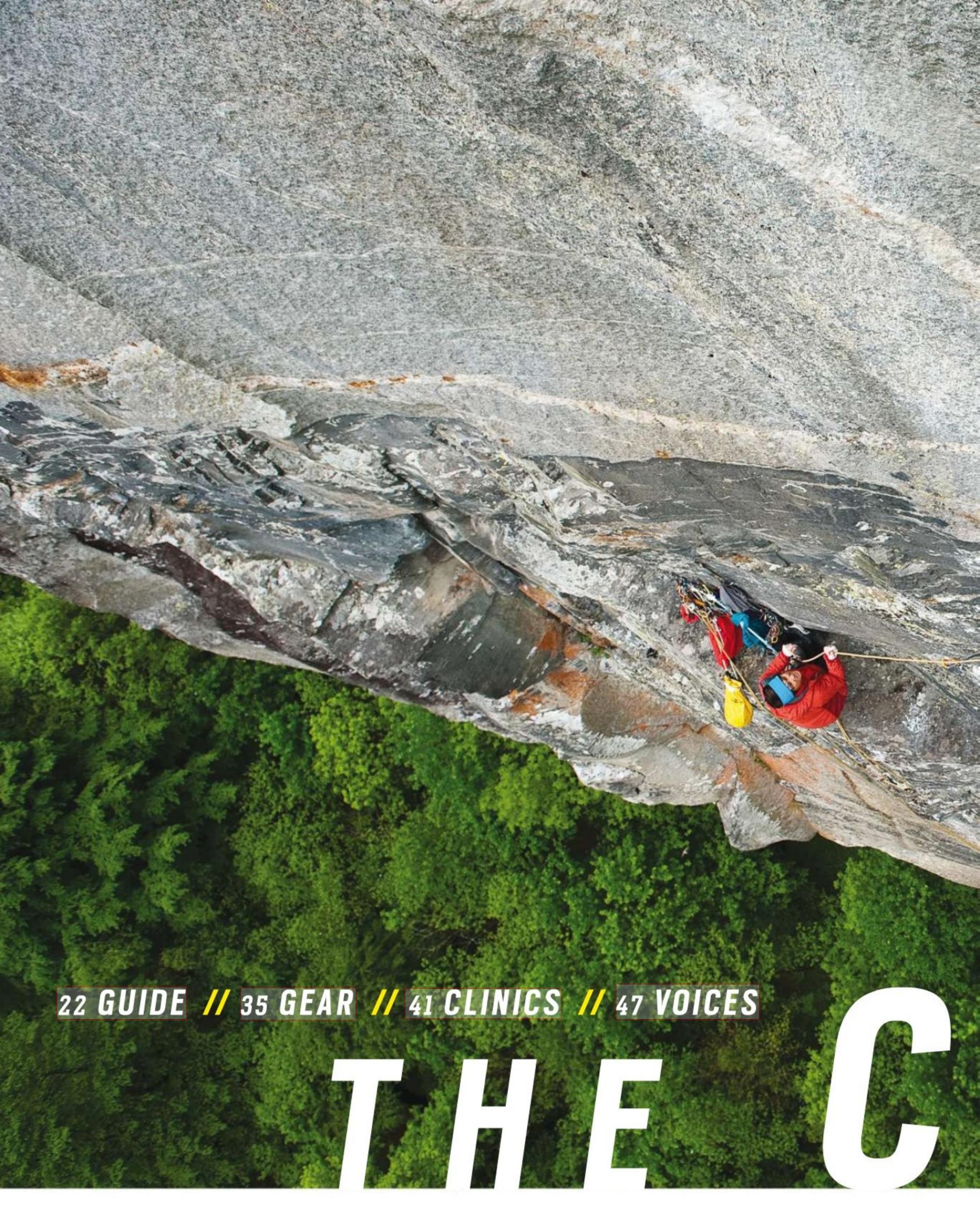


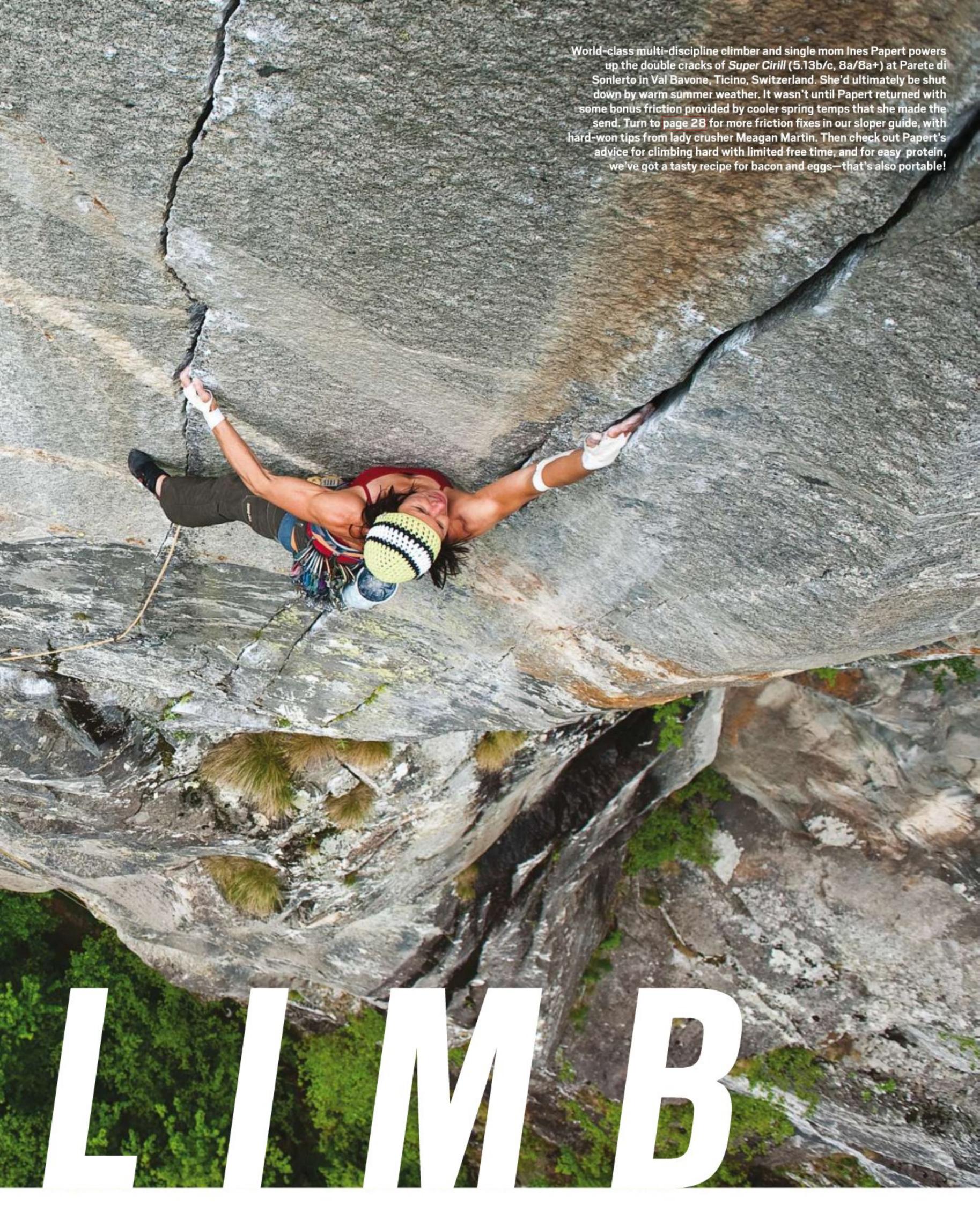












# GUIDE ADVICE



## No Excuses

#### How a single mom became one of the world's best all-around climbers

Ines Papert, a 40-year-old rock, ice, and mixed climbing master, is anything but average. She has won more than 20 World Cup events, new-routed mixed climbs like the Himalaya's North Face of Tengkangpoche (6,487 meters), and sent 1,300-foot 5.13+ rock routes. But average is exactly how Papert started life in flat, Soviet-ruled East Germany.

She grew up far from the mountains and mid-pack when it came to everything from sports to music. After the Berlin Wall came down in 1989, she moved to the Bavarian Alps for a higher paying job, and she was ravenous for adventure. "I wanted to explore mountains more than anyone else I was friends with," she says, "and weekends were just not enough." After getting bored hiking, biking, and skiing her local trails over and over, Papert, at age 20, turned to the vertical. She started in the gym, quickly moved to easy alpine rock, and then tried ice climbing to prepare for a climbing trip with friends to the South American Andes. She hated it.

"Everything went wrong," she says. "I got a bloody nose and screaming barfies many times. Plus, I thought it was boring and slow." But she tried again and started having fun, so much so that she took a year off

work to focus on climbing. Then her growing passion and harder and harder ticks were halted abruptly at age 26 when she found out she was pregnant.

"When Emmanuel was born, most people expected I would stop competing. Or stop climbing," she says. But, even as a single mother, that was never part of her plan. She developed a rigorous training system and worked out in her basement and outside in the mountains, with all motivation leading toward ice climbing competitions.

When it came time to compete, Ines won. Then she won again. And again. She started receiving sponsorship money and dominated the women's—and sometimes the men's—ice climbing comps for six years, racking up four World Championships, 13 single World Cup titles, and three overall World Cup Series championships. She became the first woman to climb M11 with her ascent of *Mission Impossible* (M11) in Italy in 2003, which two years prior was considered the most difficult mixed route in the world. She refocused on bigger alpine objectives, with first ascents like 22,044-foot Likhu Chuli in Nepal. Her climbing partners say she's intensely motivated, and a deep drive for freedom and a life less ordinary keeps her exploring, with the limitations of her past quelling any voice that might whisper "I can't."

## How to Do It All and Stay Motivated



**PUSH YOUR LIMITS** When I first started climbing, I would let stronger partners lead the hard stuff because it was easy to give up. When I climbed with friends less experienced than me, I had to lead when it got hard. This helped me develop as a climber. When it gets hard or scary, I try to breathe normally and focus on the next few moves. Push your limits and fully believe you're able to climb at a higher level—because you are!



**FIND BALANCE** In Europe there are tons of 5.13 climbers who also work full-time. Besides responsibilities, pay attention to what you want. Women are bad at this. I'm up at 6 a.m. to get my son to school, then I climb, ski, or paraglide until he gets home. We adventure together on weekends, mountain bike, ski, or do easy alpine climbing, so time with my son doesn't take time away from my goals, either.



**BUILD A SUPPORT** 

**NETWORK** 

There are plenty of people who don't understand my life, people who call me selfish. But I have friends around the world to stay with and vice versa. It's not 1,000 friends; it's more like 20. When Manu was younger, my friends had no trouble being on a trip with a mum and child. Everyone took responsibilities, and I very much appreciated this. Real friends support me,

and I support them.



**OBJECTIVE** You have to train for something at your limit. Once I choose a goal, I fully focus on the training. It's important to have a goal or I get lazy. A timeline makes me more efficient. Rest days will maximize preparation. I became way stronger after Manu's birth when I had limited time because it motivated each training session. And goals can be just outside your front door.

ALWAYS HAVE AN

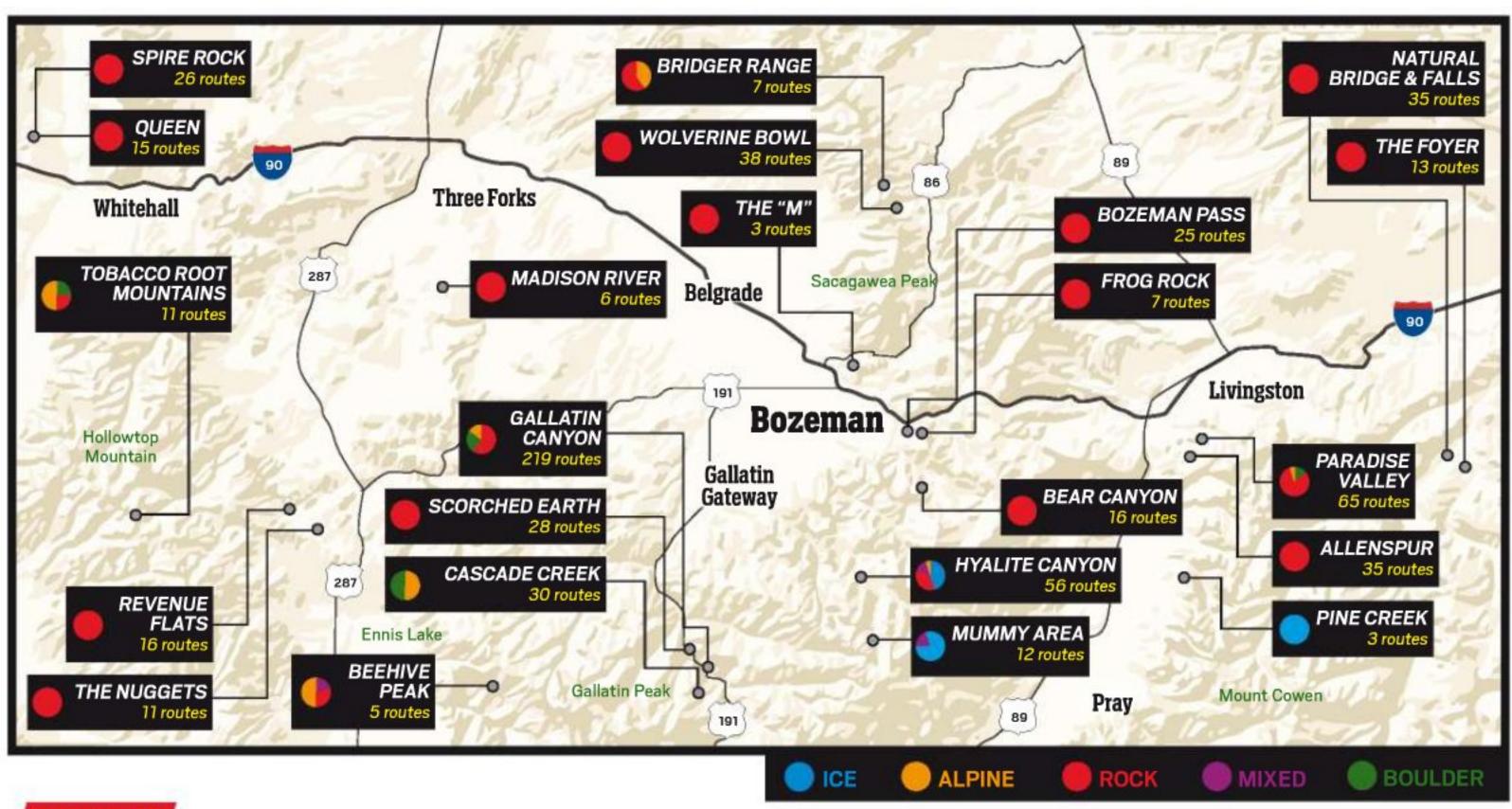


HAVE A BACKUP PLAN When I target a climb, I'm willing to go as long as necessary, and on longer expeditions when you have one shot, the plan is not stiff. Last year we wanted to climb Tengkangpoche, but because of the high risk, we shifted to Likhu Chuli as a plan B. We put the same amount of time, effort, and energy into the new plan. When you've got a set amount of time, be open-minded about what to attempt.

## Epicenter: Bozeman, MT

Welcome to the climbing capital of the northern Rockies

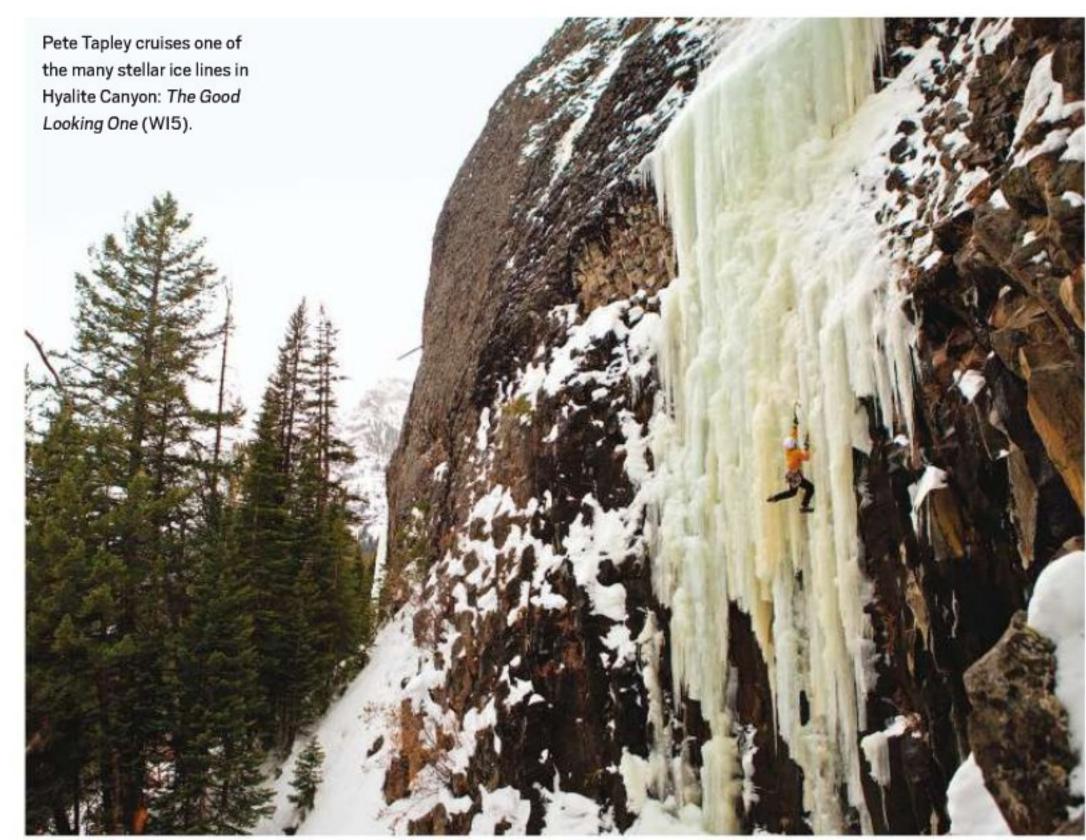
BY J.P. WHITEHEAD

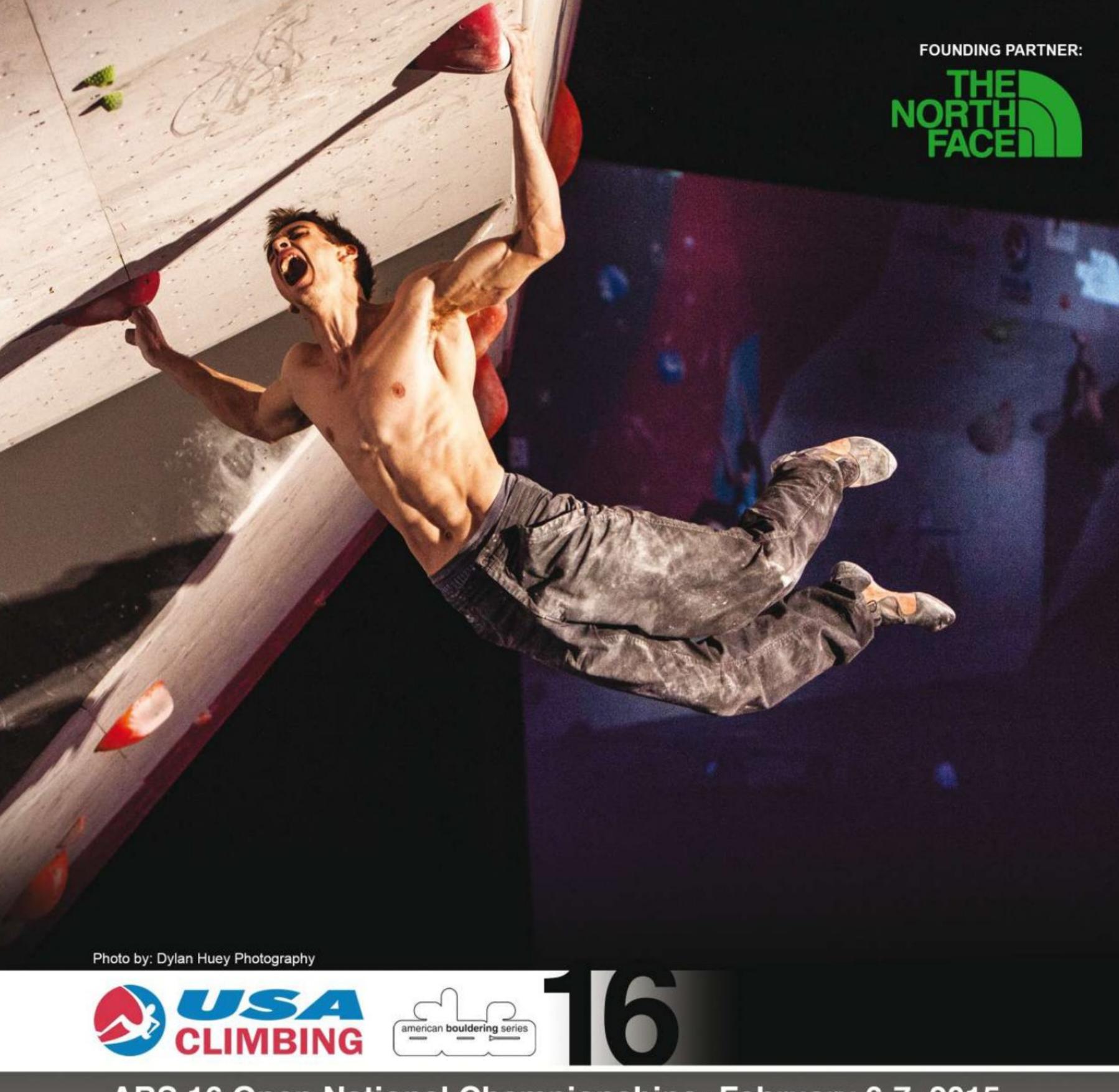


THE SCENE

#### Beautiful Bozeman

Bozemanites will tell you that there's nothing to see here. Move along. Maybe it was Missoula you were looking for? But the town and its immediate surroundings harbor some of the best climbing (and general adventure) in America's northern Rockies and is, in a word, awesome. Home to Montana State University, a funky downtown scene, and a lifetime of fun within an hour's drive—there's a whole lot to see. It's renowned for Hyalite Canyon's reliable ice (more than 150 ice and mixed routes in just three square miles, according to locals), and with the Bozeman Ice Festival held annually in December, it's one of America's ice capitals. But you don't need axes to get vertical. To the south, Gallatin Canyon boasts a variety of climbing on equally varied rock, from limestone sport climbing to granite and gneiss multi-pitch trad lines. There are even some pebbles to wrestle at Sagebrush Point and Cascade Creek. If big mountains are more your style, find quality alpine experiences in Paradise Valley, also just an hour's drive. A few days here and the town begins to feel like an isolated paradise separated by the 10,000-foot peaks that surround the town.





#### ABS 16 Open National Championships: February 6-7, 2015 ABS 16 Youth National Championships: February 13-15, 2015

ABS 16 Divisional Championships: January 10-11, 2015

BaseCamp- Reno, NV • The Front- Ogden, UT • Inner Peaks- Charlotte, NC • Summit Climbing Gym- Dallas, TX • Central Rock- Glastonbury, CT

ABS 16 Regional Championships: December 6, 2014

Seattle Bouldering Project - Seattle, WA · Asana Climbing Gym - Garden City, ID · Dogpatch Boulders - San Francisco, CA · The Factory - Orange, CA The BLOC climbing + fitness - Tucson, AZ · ABC Kids Climbing - Boulder, CO · Vertical Endeavors - Glendale Heights, IL · Vertical Adventures - Columbus, OH Triangle Rock Club - Raleigh, NC · Canyons Rock Climbing - Frisco, TX · Stone Moves - Houston, TX · High Point Climbing & Fitness - Chattanooga, TN SportRock - Sterling, VA · The Gravity Vault - Upper Saddle River, NJ · MetroRock - Newburyport, MA

> Registration for the ABS 16 Youth Regional Championships opens on November 1, 2014, register at www.usaclimbing.org Regional registration closes on November 25, 2014 at 11:59pm MT.



















## GUIDE CRAGS

#### LOCALS KNOW

#### Where climbers:

#### [stay]

Bozeman is surrounded by National Forest, where dispersed camping is plentiful and free (ask nicely at Northern Lights gear shop, and they'll clue you in). Hyalite Reservoir, a half-hour south of Bozeman, offers multiple campgrounds off of Hyalite Canyon Road. The primitive sites are free. Want a roof? The Bozeman Backpacker Hostel (406-580-3330) right off Main Street has 16 shared rooms with bunk beds and bathrooms. For \$22 a night you get a bed (bring a sleeping bag or rent linens), air conditioning, Wi-Fi, laundry, and a full kitchen.

#### [eat]

With two locations and a progressive vibe, Community Food Co-op (bozo .coop, 406-9587-4039) is an excellent place to pick up groceries—and a bite to eat. It's like a way less corporate Whole Foods. The Flying C juice bar and espresso shop upstairs in the Coop's W. Main St. location is a welcome alternative to crowded downtown coffee shops (and a great place to get some work done). For lunch, stop by The Garage Soup Shack (406-585-8558) for sandwiches, salads, and an appropriately wide selection of soups in a funky, tattoo-and-sheet-metal setting. Dinnertime: Montana Ale Works (montanaaleworks.com, 406-587-7700) dishes out jazzed-up comfort food

along with an extensive collection of regional craft brews from across the mountain region. To stay light, go for the fish tacos or steak salad.

#### drink

Downtown Bozeman has a lively nightlife, with a mix of rancher bars, dives, mountain-chic pubs, and live music. A true piece of Bozeman history is the Rocking R Bar (rockingrbar.com, 406-587-9355), which has been a hot spot since the 1940s. Destroyed by a natural gas explosion in 2009, the bar is back open as of 2011 thanks to community support. The Filling Station (406-587-0585) off North Rouse Ave. offers live music every week, or to feel like a true Bozeman local, stop into The Haufbrau (406-587-4931), a hole-in-the-wall joint that hosts local artists in a cozy setting. Tip: Bring a pocketknife—carving your name into the table is encouraged. The place is one of a kind.

#### gear up

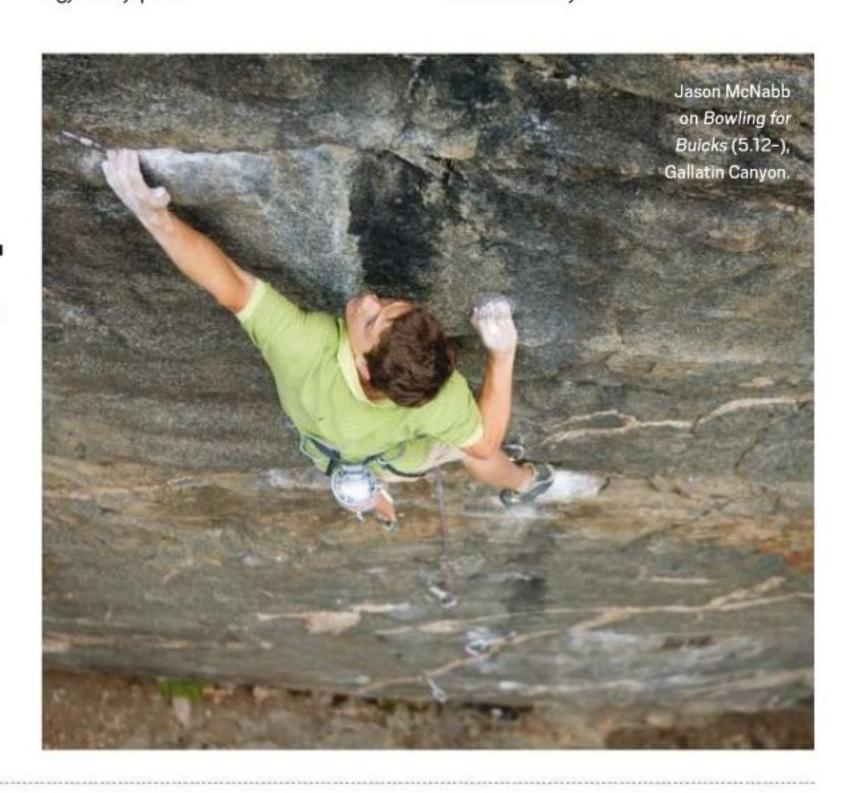
Outfitting residents of Bozeman since 1979, Northern Lights Trading Company (northernlightstrading.com, 406-585-2090) is the place to drop in. The staff is made up of "carefully selected individuals" who are highly active in the Bozeman outdoor community and fountains of knowledge on the subject. This makes Northern Lights a definitive shop for honest, field-tested

reviews of gear as well as area beta and individual route information. The best part? Northern Lights also boasts an excellent selection of affordable rentals. Climbing shoes for \$6 a day or less means you can take your non-climbing friends out without trying to stuff their clown feet into your downsized training shoes for less than the price of a gym day pass.

#### [spend a rest day]

Soak in the healing waters at Norris

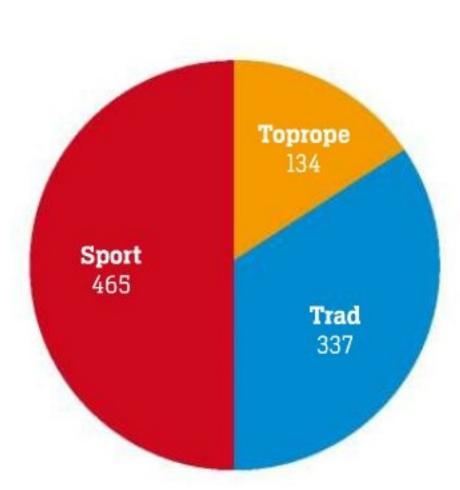
Hot Springs (norrishotsprings.com,
406-685-3303), 40 minutes west of
Bozeman in the Madison River Valley.
Or hike up to Fairy Lake for views of
the impressive Sacagawea Peak. Or just
cruise downtown. There are more than
enough quirky shops, cafés, and culture
to waste a day.



#### METRICS

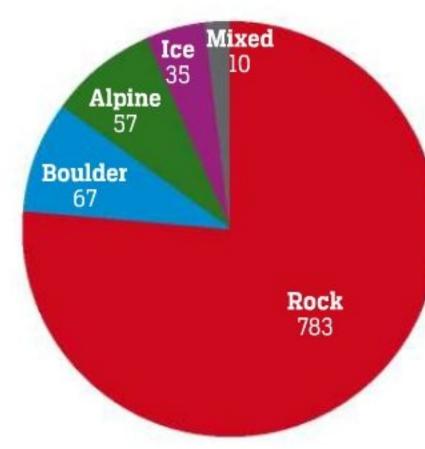
#### STYLE

Sport- and trad-cragging heaven



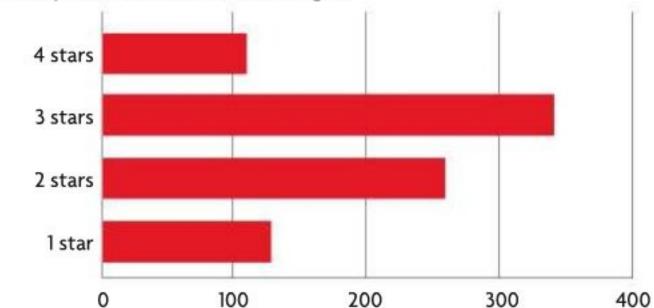
#### ROCK / BOULDER / ICE / ETC.

A little bit of everything—a lot of rock



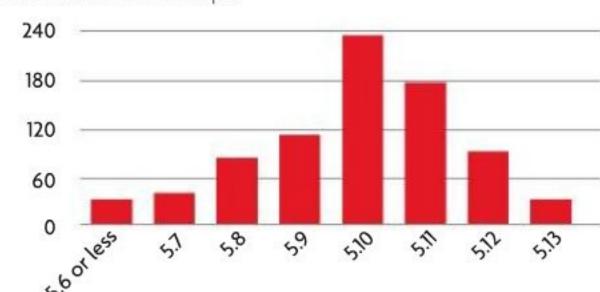
#### QUALITY

Nearly 500 routes at 3 stars or higher



#### DIFFICULTY

A moderate climber's Utopia



ROUTES

#### **Bozone Classics**

The 10 best 4-star routes as ranked by Mountain Project users

#### Sparerib (5.8)

Gallatin Canyon

"The second pitch is brilliant. I had to remind myself to place pro; it's easy to forget when you're having so much fun."

#### Standard Route (5.9)

Gallatin Tower

"This is a great climb, though it does get a lot of traffic. I've even heard of a bachelor party at the top of the route! Cookouts utilizing the fabled grill stashed near the summit have become something of a tradition for Bozeman locals."

#### Tigger (5.10a/b)

Gallatin Tower

"Stout climb. This one is great training for other sandbagged 5.10 routes at places like Devils Tower. Can't wait to return to Montana and battle with the Tigger again!"

#### Theoretically (5.10+)

Hyalite Canyon

"Stunning, pumpy, thin fingers. A don'tmiss route—the best on Hyalite rock."

#### Montana Centennial Route (5.11a)

Cowen Cirque, Paradise Valley

"A year later and the day is still burned into my memory. This is one of the best alpine routes anywhere in the Lower 48—I promise. The climbing itself is perfect, and the setting is equally amazing. Even the 18-mile hike in and the campsite by the lake are spectacular. Do it."

#### The Fugitive (5.12-) Gallatin Canyon

"The best line in the canyon. Dis-

continuous finger cracks on beautiful stone. Grip it and rip it!"

#### The Dribbles (WI4)

Hyalite Canyon

"Longer than other climbs. It has nice belay ledges and a few steep sections on flows that are routinely thick and forgiving. And it's one of the few climbs that can handle more than one party at a time. The descent gully is avalanche-prone, so rap the route if you are in doubt."

#### The Thrill is Gone (M4) Hyalite Canyon

"Fun, relatively easy, but sometimesserious corner. If there's not enough ice you'll scratch up the corner and have a hard exit, too much ice and all the good pro in the chimney is covered, but if you hit it just right you get one-swing sticks and great rock gear. Whoop, whoop!"

#### Cleopatra's Needle (WI5)

Hyalite Canyon

"The climb is in an amphitheater with views of high, windswept ridgelines and ice flows off rotten cliff bands.

The approach, climb, and views are all world-class."

#### Winter Dance (WI5/6 M8)

Hyalite Canyon

"Surrounded by overhanging choss, free-hanging ice, and cold air, Winter Dance is the ultimate journey into the upper tier of Hyalite and is like stepping onto another planet."



\*Stats are for the immediate Bozeman area. Get route beta, photos, and topos for the whole state at mountainproject.com/montana.





## GUIDE INSTANT EXPERT

## Conquer Slopers

#### Straightforward techniques for effective sloper sending

LOVED. HATED. FEARED. REVERED. No other type of hold evokes such a wide array of emotional responses as the sloper. While these rounded and relatively featureless holds (usually devoid of any real edges or bumps to grip) may be aesthetically pleasing, they present an interesting conundrum for many climbers. Unlike other holds, such as crimps or edges, where one can usually just pull down harder, slopers require more finesse than brute strength. After all, there's little to pull down on in the first place. Here's the secret: It has little to do with actual finger strength; it's all about body positioning and hand contact. Unfortunately there's no end-all, be-all solution to every sloper move and hold out there, but with a few tried-and-true techniques, you'll start to gain a mastery of these rounded, polished bumps with aplomb, whether it's an angular granite arête or a slam-dunk sandstone basketball.



#### **BODY POSITION**

This is the primary and most crucial component to improving sloper-climbing technique. Analyze the hold and the subsequent movement required to get to the next hold. Consider what direction your hand will pull most effectively against itdown, sideways, out, etc.—and where the rest of your body will be when you make first contact. Imagine a line going from that direction of pull through your hips to one of your lower extremities. Use this line to orient your body so that you're maximizing opposition against the hold. Keep everything—feet, legs, back, core, shoulders, and arms—as tight as possible, from first contact to moving off, to maintain your position and keep your torso as close to the wall as possible. Heel and toe hooks can be crucial to staying in close, too.

#### HANDS

Examine the holds closely to identify the most textured areas (small dimples and edges) and how you want your hand on them to make the most of those features. Try slightly angling your wrist left or right to make it feel more positive; meat hooks can maximize friction and employ larger muscle groups. Often on large, rounded slopers, it's advantageous to spread your fingers as wide as possible, like you're palming a basketball. In this case, use your palm and fingertips to press and squeeze the entire hold while maximizing surface contact. On flatter ledges, the best hand position might be fingers together, pressing down by bending at the base of the fingers. Since slopers are generally large features, there can be numerous ways to hold them, so experiment to find the best grip.

#### **ANGLE**

Slabs: Think about holding your body in place while moving your feet up. Trust in the friction, move slowly, and step up. Once your weight is even with or above the sloper, use it as a mantel by pushing downward. Vertical to slightly overhanging: Keep arms straight and hips low and sucked into the wall. Once your core sags, you will lose opposition and be forced to rely on pure finger strength. It might help to limit breathing during these short moves. Steeps: Bend your arms to

engage your shoulders, back, and biceps. This also gets your core more involved. Cup your hands and press with your fingertips. These might require more dynamic movement than lower angles, so focus on contact strength by going in strong and holding on tight once you hit it.

#### **SQUEEZING THE LIFE OUT OF SLOPERS**

with Meagan Martin



#### MENTAL APPROACH

Know you're going to exert a lot of bigmuscle energy. Move quickly and efficiently by being fluid and static—avoid dynoing and campusing. The same applies to routes: Tackle slopers quickly and utilize rests. Staying calm is important; focus on slow, deliberate breathing. You might feel less comfortable and solid, and knowing the beta might not make the hold feel any better, but it will help your confidence. Relax and don't get flustered.

#### TECHNIQUE

Try hard! Squeeze with your hands and maximize opposition between holds by engaging your big muscles: shoulders, back, biceps, and core. If one holding method isn't working, rethink it and experiment. Every little change in grip could matter. Try fingers together, apart, Spock grip, crimp, and pinch. For bigger slopers, relocate your entire hand. Some are blocky, so use the edge as an open-hand crimp. Others are shallow, so use body tension to stay close to the wall.

#### TRAINING

Simulate every size, shape, and movement in the gym, focusing on footwork and body tension. The latter is important: It keeps your feet on and maintains that imaginary line. Climbing on overhangs is great for your core; every day spent on steep walls is a day spent improving tension. In addition to just climbing, I like to do core-specific exercises like V-ups, leg lifts, hollow body rocks, and plank variations (climbing.com/core).

#### CONFIDENCE

This is key; hesitation opens the door to failure. When I go for a sloper, I do just that—I go for it! I don't hesitate. I am 100% committed.

#### **TEMPERATURE**

Some problems just will not go in hot, humid conditions. Dry hands and cold temps maximize friction and can be the solution. If you're greasing off in the middle of July, wait and come back in colder months. [Read more about the science of friction at climbing .com/friction.



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# Suspended Circuits

#### 15 minutes to strong shoulders, a stable core, and fewer injuries



THE COLD, DARK WINTER months have a sedative effect. You may not even realize it's happening until you're seven hours into a "Breaking Bad" binge on Netflix. Rock's off-season is hell on your fitness. Lucky for you (and your shoulders, elbows, and other areas prone to injury in climbers), there's a

15-minute circuit of exercises that strengthens your core and stabilizes your shoulders to effectively eliminate weak spots in your overall fitness. Plus, it will keep you in shape for gym sessions and spring sport season.

The TRX (total resistance exercise) suspension trainer utilizes two adjustable straps with handles in creative configurations to use your body weight for resistance. Many gyms have TRX systems, but you can also get an at-home kit (\$200, trxtraining.com) or build your own. Suspension training engages those tiny stabilizing muscles in your core, shoulders, legs, and back that are necessary for climbing but often ignored by traditional weight machines and dumbbell exercises. We worked with Fraser Quelch, Head of Training for TRX, to put together this three-part circuit (10 exercises total) specifically for climbers, focusing on strengthening injury-prone areas and weak spots in a quick 15 minutes.

#### **GUIDELINES**

- → Do this 2x/week on rest days.
- → Do each exercise at least once, but you can do up to 3 sets of each exercise.
- → Transition and rest 30 seconds between each exercise and 2 minutes between each round or circuit.
- → Mid-calf (see below) means stirrups should come to mid-calf. "Long" is slightly longer than that; "short" is shorter.

On a budget? Go to climbing. com/homemade-suspensiontrainer to learn how to make your own suspension trainer.

Core Round 1. Targeting core stability and strength, all of these workouts directly translate to better performance on steep sections, where body tension, deliberate foot placement, and staying close to the wall are crucial.

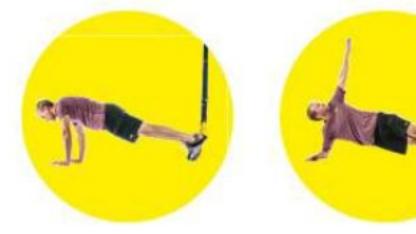




#### 1. Body Saw. 8 reps; mid-calf length

In forearm plank position (toes flexed downward in stirrups), place elbows under shoulders. Slowly push your body as far forward as possible, and then backward to complete one rep. Don't let hips sag. To increase difficulty, try the workout with hands on the floor and straight arms.

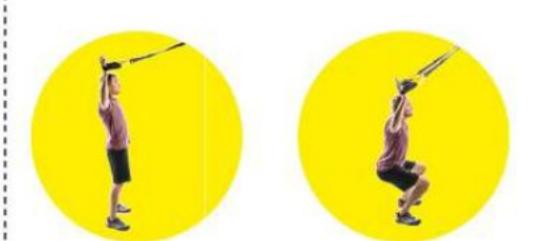
Helps with: Body control while moving, high-stepping, staying tight on overhangs, preventing barn doors



#### 2. Side Plank with Hip Raise. 8 reps (per side); mid-calf length

Start in pushup position then turn into side plank position (elbow under shoulder and top arm straight toward sky). Place feet in stirrups with top foot in front, heel to toe. With straight legs, raise hips up slightly then return to starting position for one rep.

Helps with: Drop-knees, cutting feet, high heel hooks



#### 3. Overhead Squat. 8 reps; mid-calf length

Stand with feet shoulder-width apart, facing the anchor point. Place your hands inside the stirrups with the backs of your hands against the straps, thumbs on the outside. Raise hands above your head wider than your shoulders. Without leaning, squeeze your upper back to put tension on the straps. Maintain this tension with chest forward and eyes up, then squat down as low as you can. In the bottom of the squat, squeeze shoulders and back for more tension, then stand up for one rep.

Helps with: Preventing hunchback, opening chest, hip strength and flexibility for steeps, body tension

**Shoulder Stability.** These exercises isolate and strengthen the entire shoulder girdle, which is prone to injury in climbers, by putting the shoulder in positions that are specific to climbing. It also builds strength and flexibility throughout the upper back.







#### 1. Clock Press. 3 reps; long adjustment

With heels up, lean into the stirrups in a low-angle pushup position. Lower your chest to your hands, then slowly extend one arm out to the side, pause, and bring it back. Repeat with opposite arm, then push back to start for one rep. Go closer to the ground to make it harder.

Helps with: Compression, sidepulls, preventing shoulder injuries







#### 2. Deltoid Series: T to Y to I. 8 reps; long adjustment

Put one foot in front of the other with arms in front holding straps. For "T," stand up by putting arms out to the sides, shifting weight from back to front, and squeezing shoulder blades. Lower back down, then repeat in "Y" (image 2), lower, then arms straight up for "I" (image 3); that's one rep.

Helps with: Overhanging shoulder-specific moves, gastons, sidepulls, compression







#### 3. Atomic Pushup Matrix. 8 reps; mid-calf length

In a pushup position with feet in stirrups, bring your knees into left elbow with slight rotation, back to start, then knees into right elbow, back to start. Bring knees straight up to chest, back to start, and then do a pushup for one rep.

**Helps with:** High foot placement and heel hooks, body tension, strengthening opposition muscles, core stability





#### 4. T-Spine Rotation. 8 reps (per side); short adjustment

With inside foot in front of outer foot, hold handle with outside hand in a lockoff position, elbow high. With inside hand parallel to straps, lower as far as possible, then extend arm out to the side. Bring arm back and pull yourself up to starting position. Switch feet to make it easier.

Helps with: Lockoffs, hip, spine, and shoulder flexibility, controlling moves on steeps

#### CIRCUIT 3

**Core Round 2.** More isolated and advanced core exercises for keeping tension with one foot on.





## 1. Pike. 8 reps; mid-calf length

In pushup position with feet in stirrups, lift tailbone up with legs straight. Lower back to start position to complete one rep.

**Helps with:** High-stepping, holding a swing, body tension





## 2. Rotational Warding with March. 8 reps (per side); mid-calf length

Stand sideways with hands in both stirrups in a prayer position. Push hard to the side with straight arms to keep straps under tension. Now slowly march by raising each knee.

Helps with: Holding barn-door swings, core strength, body tension





## 3. Plank with Abduction and Scorpion. 8 reps (per side); mid-calf length

In pushup position with one foot in stirrups, bring free knee to chest, then back to start. Extend leg out to the side (abduction), back to start. Now twist at the hips to swing leg back and over other leg so hips are open (scorpion).

Helps with: Single-leg strength, hip flexibility, back-stepping, high-stepping, body tension



## Pocket Protein

Ditch brick-hard bars for this bite-size power snack

BY J.P. WHITEHEAD

NUTRITIOUS, EASY TO MAKE, AND CHEAP, eggs are as practical as they are tasty. Only problem: portability. The filling, energyrich meal of bacon and eggs has never been easy to carry or quick to pull off-until now. Thankfully with this "Why didn't I think of that?!" recipe from our friends at Skratch Labs, you can have a deliciously salty, protein-packed snack anywhere, even on a long climb. Not only will these keep you satiated for hours, but the salt content will help your body absorb water (don't forget to chugalug) for optimum hydration. And don't worry about the cholesterol content: The American Heart Association accepts and encourages eggs as a nutritious option for healthy eating; they recommend one egg a day. While one egg is only about 80 calories, it packs seven grams of protein (or more) inside its unassuming shell. Compare this to about 200 calories for an average energy bar with roughly the same amount of protein. Choose these easy egg bites for a healthy, filling snack that delivers long-burning energy, is easy to digest, and won't weigh you down when you want to feel light and strong.

#### Directions

- → Heat oven to 350° and thoroughly coat six cups of a standard nonstick muffin tin with cooking spray.
- → Carefully crack one egg into each muffin cup. Position pan on the middle oven rack. To evenly cook the eggs, rotate the pan after five to six minutes, or when the eggs begin to turn white.
- → Bake until the whites set and the yolks look partially set (about 10 to 15 minutes total). Remove pan from the oven; the eggs will continue to cook while resting without overcooking. Sprinkle with bacon or other toppings to taste so the toppings partially cook into the egg.
- → While the eggs are resting, use a plastic knife to loosen them from the edge of the pan.
- → Let cool to the touch before wrapping each individual serving (makes six) with tin foil. Store extras in the refrigerator.

#### Ingredients:



6 eggs



2 tablespoons cooked bacon, chopped

#### Top with:



Pepper



1/4 cup grated parmesan



Salt

# \*Republished with permission of VeloPress from The Feed Zone Portables. Try more recipes at feedzone-cookbook.com.

| Nutrition Facts<br>per serving (1 egg) |            |  |
|--|------------|--|
| Energy 94 cal                          | Carbs 0g   |  |
| Fat 7g                                 | Fiber 0g   |  |
| Sodium 224mg                           | Protein 8g |  |

## NOT ALL EGGS ARE EQUAL

For something as simple as an egg, there are a boggling array of options. Grade AA, grade A, cage-free, pastured, vegetarian, brown, white, standard... Arguably, you can grab any old carton from the grocery store and scram, but here's a quick rundown of what eggs are best for our bodies and the environment.



#### LABEL: Pastured or Free-Range

WHAT IT MEANS:

These eggs come from hens that live freely in the outdoors (90% of eggs on the shelf are from caged, factory-farmed hens). Free-range hens can roam and munch on the kinds of things they like to munch on-mostly weeds, seeds, grass, insects, and worms. The balanced diet of these pastured hens results in eggs packed with more protein and a higher percentage of vitamins A, E, B-12, and omega-3 fatty acids than factory hens whose feed consists mainly of waste products from the grain and meat industry: discarded cow, pig, and even chicken parts. Additionally, pastured hens are generally free from antibiotics and hormones. On top

of that, these birds

live a more natural—and probably happier-existence.

#### LABEL: White vs. Brown

WHAT IT MEANS: Contrary to popular

belief, there is no substantial difference between white and brown eggs. The truth is incredibly simple: White eggs usually come from white hens, while brown eggs usually come from red hens. Brown eggs can be pricier because sometimes they're slightly larger. Any nutritional difference comes from what the hen was fed.

#### LABEL: Cage-Free WHAT IT MEANS:

Be wary of labels that claim their eggs come from cage-free hens, as this qualifier only means they were not kept in a cage. Farmers can still keep them in overcrowded hen

houses, give them antibiotics and hormones, feed them byproducts of grain and meat production, and still receive this labeljust as long as the birds stay out of cages. Cage-free hens are typically fed the same stuff as factory-farmed hens and therefore produce similar eggs.

#### LABEL: Organic

WHAT IT MEANS: To qualify for this label, farmers can't use any antibiotics or hormones. The feed for the hens must also qualify as organic. Keep in mind that this label does not refer to the hen's living conditions, meaning they might have limited access to the outdoors.

#### LABEL: Vegetarian

WHAT IT MEANS:

Factory-farmed and free-range hens are susceptible to feed containing meat,

but vegetarianlabeled eggs come from hens whose feed contains only plant matter. Meat-free folks can rest easy with these. However, research has shown that these eggs are no better or worse for you than nonvegetarian eggs.

#### LABEL: Omega-3 Supplemented

WHAT IT MEANS:

Omega-3 fatty acids are an essential nutrient for a variety of functions. They help control blood clotting, reduce the risk of heart disease, and build and maintain cell membranes in the brain. Hens that consume feed supplemented with omega-3 fatty acid sources (usually flax seeds) produce eggs with a higher-than-normal nutrient content. Supplemented eggs contain up to five times as many omega-3's

as ordinary eggs. Since our bodies don't produce this nutrient on their own, these specialized eggs are a great way to get omega-3 fatty acids without burps that taste like fish oil.

#### LABEL: Grade B, A, and AA

WHAT IT MEANS:

These grades refer to the quality of the egg structure. Grade A and AA eggs have thick, firm whites and rounded yolks free from defects, making them best for frying or poaching. Grade A eggs are the most commonly sold grade in grocery stores. Grade B eggs contain more imperfections, runny whites, and wide, flat yolks. These eggs are seldom found in grocery stores, as they are usually used for other liquid, frozen, or dried egg products.



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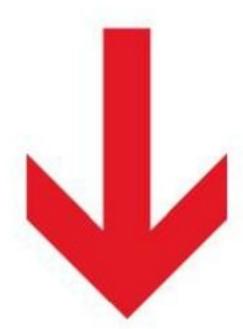
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ADIDAS TERREX CLIMAHEAT ICE JACKET

# Belay On!

5 warm winter puffies for the coldest cragging days



Belaying when it's 34° and windy and watching your partner pitch off the crux of his project for the 12th time demands a level of warmth and protection—and the resulting motivation—that only a special type of jacket can provide. We tested more than 10 belay puffies (one of the most beloved apparel categories) to find our favorite five models that proved warm, cozy, and perfect for even the coldest of cragging days. Our testers packed these heat-monsters for ice climbing in Vermont, single-digit temps in Canada, subzero days in the Rockies, and a full winter of sport climbing at Europe's best crags. From down to synthetic to blends—you're guaranteed to find a jacket that'll keep you cragging all winter.

#### **Belay Jacket**

#### Adidas Terrex Climaheat Ice Jacket \$350; 18 oz.; adidas.com



#### **Performance**

"After falling in love with the features, warmth, fit, and smart design of this puffy, I couldn't believe the price wasn't at least \$100 more," one tester said of the ultra-warm Climaheat Ice Jacket. The PrimaLoft Down Blend Gold combines synthetic insulation with down. "I carry this whenever I need maximum warmth in dry and wet conditions." The nylon/polyester outer shell was durable and water resistant in shoulder-season drizzles in Colorado. The tailored, elongated fit hugged testers' bodies without restricting movement, and large elastic stretch panels on the sides of the torso and the upper back provided mucho-flexibility. A 37.5 lining wicked moisture, preventing any clamminess inside the jacket on warmer days. Features round out with a two-way zipper, a large inner pocket to store rock shoes, a draft collar to keep you warm without zipping up to the nose, a "closest-to-perfect, fully adjustable hood" with a wire brim, stretchy inner cuffs that wrap around your wrist to eliminate drafts, and micro-fleece hand-warmer pockets.

#### Conclusion

One ultra-warm puffy to do it all in all cold conditions, whether on dry rock or drippy ice. The technical performance of synthetic, the warmth and coziness of down, ideal features, and a great price for the performance.

**Bottom Line** 

**Testers' Favorite** 

#### Patagonia Fitz Roy Down Parka

\$450; 19 oz.; patagonia.com



The Ferrari of down jackets is how one tester described this ultra-packable, ultra-lofty, and ultrawarm 800-fill-down belay puffy after taking it to Chamonix for a true test of its expedition-weight insulating capabilities. "It packs super-small—as small as some of my midlayers—and lofts almost immediately. I never hesitated to pack it," he said. "And I was always happy I did!" The instant heat delivered by this warm cloud of a jacket was due in part to extra protection in draft-prone areas provided by the double draft tubes that run the length of the zipper and extra down in the collar. Three pockets offer insulation on the outside, so hands and sundries (phone, energy bar) stay warm because they're closer to your body and protected by a layer of down. The 20-denier nylon outer shell has a DWR coating to repel water, with a special construction in the hood, shoulders, and arms that increases water resistance even more. A two-way zipper means you can wear it over a harness and still have access to the belay loop, and a large drop-in pocket on the inside is perfect for drying out gloves.

This is a top-tier, high-performing down belay puffy with the best compressibility and loft we tested. With just enough features for belaying on the ground or on a wall, choose this for the coldest and driest conditions.

#### **Expedition Warmth**



#### #GEARCLOSET

Follow the mag on Instagram (@climbingmagazine) and tag a pic of your gear-storage setup with #gearcloset for a chance to be featured here!







1. Dan Lexie (@danlex9867): "Keeping things organized, at least until the snow has melted away." 2. Skot and Eliane Richards (@threetreefamily): "It should be a third bedroom, but we use it for gear, bulk food storage, and as a small office—it's all about organization!" 3. Jeff Skalla (@jefftheclimber): "I keep all of my personal gear in my bedroom closet. My gear is calling to me, and so are the mountains."

TRACE IT

Imagine plucking feathers while a bird is still alive or pouring feed down a duck's throat until its liver turns to pure fat. These are two inhumane practices that may have occurred with the down sourcing of the past, but not any more. Two major apparel players are launching third-party auditing programs to ensure that nefarious practices such as live-plucking and force-feeding have no place in the supply chain for their down products. Patagonia's Traceable Down Standard and The North Face's Responsible Down Standard (RDS) certify that animals have been treated humanely from the day they're hatched to the day they're harvested for meat (down is a byproduct of the food industry), and the programs demand complete transparency in the supply chain, including regular audits of every company involved at all levels of manufacturing from the farm to the sewing-room floor. [Although The North Face developed RDS, they've passed on ownership to Textile Exchange, a nonprofit whose goal is to grow global textile sustainability and give more companies access to this certification tool.] As of fall 2014, all Patagonia's down products use 100% Traceable Down, while The North Face will begin to incorporate RDS-certified down in fall 2015, with hopes to have all products converted by fall 2017. —Julie Ellison

#### **NW Alpine Belay Jacket**

\$270; 21 oz.; nwalpine.com



#### Arc'teryx Ceres

\$750; 30 oz.; arcteryx.com



#### Mountain Hardwear Super Compressor Hooded

\$295; 17 oz.; mountainhardwear.com



For a slim-but-warm jacket that's at home 400 feet up a big wall in a snowstorm and belaying single-pitch ice routes in single-digit temps, look no further than this "everything you need, nothing you don't" piece from NW Alpine. Testers were impressed by the amount of insulating heat in such a compressible package: "With a heavy baselayer and a standard fleece midlayer, I could handle standing still in temps below 20°, which can't be said for some fatter puffies." Designers optimized warmth and minimized bulk (packs down to cantaloupe size) by putting fourounce PrimaLoft One in the torso, where you need a bigger insulating boost, and three-ounce PrimaLoft One in the shoulders and hood, where your body needs less warming power. The bomb-proof 70-denier nylon shell was a standout feature on this belay jacket, as it stood up to repeated rock abrasion. Elastic cuffs were lowprofile enough to layer smoothly under gloves. Testers loved the drop-tail hem and oversized helmet-compatible hood. Ding: A non-athletic fit felt a little bulky on slimmer testers.

A high-end, versatile, and warm synthetic puffy that's trustworthy in any condition with a bargain-basement price. Testers chose it again and again because of its warmth, toughness, and minimal packed size.

**Versatile Durability** 

Serious ice climbers and subzero-temp soldiers take note: You won't find a better jacket on the market. The Ceres uses 850-fill down in places that need the most insulation (torso and sleeves) and proprietary Coreloft synthetic insulation in places that need a little less warmth and are prone to moisture (cuffs, collar, shoulder, hem, front of mouth, and armpits). Box-wall baffling, which means each baffle is its own chamber of down instead of sewn-through seams, kept testers warmer by preventing precious heat from escaping. Testers loved the Gore Windstopper fabric in the outer that provided extra durability and made the jacket "100% windproof," according to one tester who faced 30 mph winds while ice climbing in Quebec, Canada. A waist cinch cord captures heat in the torso; a cinch cord on the elongated hem keeps the bottom of the jacket from lifting up; and a third cinch cord snugs the beefy hood around your face—all three create a fortress of warmth from your derriere to your head. Price is high, but you get what you pay for with a jacket that'll last for years.

If you have the scratch, you'll be getting one of the warmest and best-performing puffies on the market that includes smart, climber-friendly features and a level of windproofing that few other insulating jackets have.

Warmest and Windproof

As the lightest jacket in the review, this synthetic insulator still keeps up with the big dogs in the warmth department thanks to proprietary Thermal.Q Elite insulation. This material mimics the structure of natural down with thicker, rigid fibers providing a skeleton for thinner, softer fibers. The end result—countless tiny pockets of air trapping your heat—also mimics down. What you get is a jacket that "re-lofts faster and stays completely warm when wet," according to one tester who took it for early-season ice and snow in Rocky Mountain National Park. "You never know what you'll get in shoulder-season weather, but with this jacket, you can handle all of it." The resilience and rebound of the insulation allowed designers to use a slightly heavier 20-denier ripstop nylon for increased burl, and testers found no reduction in loft after packing and unpacking a few dozen times. It packs into the chest pocket, but it's not the smallest (think basketball size). Nice: It's sized for layering, which was great for throwing over a midlayer and a shell at belay stations and rest breaks.

If weight and versatility are your top priorities for long routes or backcountry pursuits, this midweight puffy offers an ideal amount of warmth for all but the coldest situations, whether it's on the ground or on the wall.

Featherweight Warmth

#### ONE-MINUTE HISTORY

#### Ropes

Prehistoric times: Natural plant fibers and vines are twisted and braided together to form ropes for hunting, carrying, and lifting, among

B.C.: Egyptians develop special tools to make ropes from animal hair, grass, papyrus, etc. 2800 B.C.: The Chinese are the first to use hemp as a primary material. Ropemaking spreads globally. 13th century: To build longer and

longer ropes for the shipping industry, "rope walks" (long enclosures) are used to lay out full-length strands of yarn that will be twisted by hand to form the rope. 18th century: Rope-making machines are developed and put into practice. All ropes are

laid up, braided, or twisted in various configurations, but all these constructions involve each thread being exposed at multiple points along the rope, adding abrasion.

1953: Edelrid releases the first kernmantle nylon rope, which has an inner braided

core (kern) that's completely protected by a woven outer sheath (mantle). The core offers strength while the sheath protects the core. 1964: Edelrid releases another rope that's capable of holding multiple falls, and the modern climbing rope is born.

# Field Notes

The latest and greatest from our diligent testers

BY JULIE ELLISON

#### → SMART POT

#### Kinetik Kilojoule Chalkpot

We're not ones to invest too much time analyzing chalk carriers (normally), but the burly, big, and creatively designed Kilojoule chalkpot caught our eye. In order to prevent the issue common to average chalkpots (namely unintentional spillage), designers put a two-layered closure system on top. Each layer

is stretchy same

Spandex with a slit (the slits sit perpendicular to each other), so your hand penetrates the opening and gains access to the chalk quickly and easily, but once your remove your hand, the layers immediately seal. If your hand isn't in the pot, chalk won't come out. "I could toss this around without a care, which helped me focus more on climbing instead of running around cleaning up

spills," one tester
said after a
month with
it. Don't be
intimidated
by the
massive
size (it easily



holds five or six blocks of chalk), because the wide bottom (which keeps the pot stable) acts as a clamshell, so you can zip it up to be the same size as a 32 oz. Nalgene bottle. The bullet shape helps it slide in and out of a crashpad easily, and a waterproof bottom

lets you set it down in snow without soaking your chalk. Teenytiny ding: It can be challenging to load the pot with chalk, but because it's so large, you won't have to do it often. \$33 (stock), \$38 (custom colors); kinetikclimbing.com

#### → FULL-FEATURED ALPINE PACK

#### **Osprey Mutant 38**

"Tons of features in a well-designed, lightweight, comfortable, versatile package," one tester said of the updated Mutant 38 after three months of ice and mixed climbing in Germany and the Colorado Rockies.

"Remove the lid and extra straps to go minimalist, or add everything for maximum organization." An integrated FlapJacket closure system on top of the pack buckles down over the lidless top to protect the drawstring-onlyclosure from weather, which our tester raved about after experiencing a near-blizzard on a long ice route in Rocky Mountain National Park. Two large, accessible gear loops and six ice-clipper slots on the waistbelt made gear easy to reach when climbing with the pack on. Testers lauded the ultra-burly, can'trip-it 210-denier nylon outer that took tons of abuse from sharp ice, errant crampon kicks, and abrasive rock. Fully featured it weighs in at just under 2.5 lbs., or you can take the framesheet out, lid off, and strip it down to just over 1.5 lbs. Simple ice tool attachments and an A-frame ski carry system round out the winterfriendly extras. \$160; ospreypacks.com

# → CONVENIENT COOKING FOR GROUPS

#### JetBoil Joule

One tester carried this to Europe as his three-person group's basecamp cooker and came home raving about it after two months of regular use. "We managed to cook less and eat more," he said. "Most people could easily cook enough for four

or five people with the 2.5-liter pot, but my friends and I pig out after a day of climbing, so it was perfect for the three of us." The convenience of an integrated canister system means you're up and cooking in minutes-minus complicated primingbut the Joule offers better performance in more conditions. (Past canister stoves have been relegated to moderate weather only because the canister gets depressurized in cold and high-altitude situations.) In both warm and cold weather (down to 35°), testers were impressed at the precision of the flame control thanks to the inverted-canister design and integrated fuel regulator that claims consistent heat down to 10°F. "I was able to simmer just as well—if not better than my beloved liquid-fuel stove." It weighs in at 1 lb., 12 oz. \$200; jetboil.com



#### O THE NORTH FACE ICE PROJECT

The best designs come from experience and creative thinking. This Conrad Ankerinfluenced pack has got that in spades. It's the first we've seen specifically tailored to ice cragging (which is what most ice climbers do, as opposed to big backcountry ice routes). Features we love: A partitioned crampon pocket on top keeps spikes contained; a U-shape zipper provides access to the pack's entire interior; and ingenious organization options-removable ice screw organizer, puffy jacket pocket, and interior ice axe attachmentskeep everything in its place. The 45-liter capacity holds a rack, helmet, axes, 'pons, ropes, layers, water, and food with relative ease. "I was skeptical about putting my ice tools inside a pack," said one tester. "But everything was safe, and picks won't catch on anything." \$200; thenorthface.com

# OUTDOOR RESEARCH STORMTRACKER HEATED GLOVES

"These are light and flexible enough to climb in, and then as soon as I untie, I tap on the heat and have maximum comfort and coziness for chilly belays," one tester said of these Gore Windstopper gloves with ALTIHeat technology. A 94% nylon and 6% spandex shell gives maximum range of motion and dexterity, while a goatleather palm gripped ice tool handles and the rope when belaying. Low, medium, and high heat settings fit a range of tastes and winter temps. The extra-large loop made these easy to pull on over multiple layers on the wrist. They won't replace expedition-level mitts, but they're excellent for days at the crag. Each glove has a slim lithium-ion battery in the cuff and lasts a full day with intermittent use. \$235; outdoorresearch.com

#### CAMELBAK FORGE

Plenty of travel mugs can keep your morning pick-meup nice and warm, but most have caveats: hard to clean, difficult to operate, not fully sealed—you know what we're talking about. Enter the Forge, a vacuum-insulated steel travel mug that rises above common problems through thoughtful design. Testers found the large drinking button easy to operate, even with semi-frozen fingers inside of bulky gloves, and with one quick click, the "lock-open" button kept the caffeinated goodness coming for frequent sipping. An easy-open arm seals the lid (it never failed), and it swings open wide for easy cleaning, meaning no crusty build-up or mystery funk. A sturdy plastic loop on top made it easy to clip anywhere. \$30; camelbak.com

#### STANLEY SS FLASK

The tradition of staying warm with nips of whiskey is alive and well with climbers of all disciplines, and this lightweight and perfectly sized flask is ideal for long days in the cold—or long nights in the tent. Its five-ounce capacity holds just enough to share (but not enough to

risk going overboard). What set this flask apart was the integrated lanyard that holds the cap in place, and testers loved the grip-giving rubber on the oversized cap that made opening this flask fast and easy, even with gloves. \$18; stanley-pmi.com

#### MSR WINDBOILER \*\*\*\*\*\*

Integrated stove systems have done OK in cold weather, but the WindBoiler ups the ante with a new and improved design. The radiant burner locks onto the pot by a ¾" metal ring that surrounds the heating element and funnels heat directly to the bottom of the pot. Designers included a pressure regulator in the burner to maintain a consistent flow of gas from the canister; this allows the stove to maintain fast boil times (2.5 minutes for 1 liter of water) even when cold temps make pressure drop. "The WindBoiler works in harsher conditions, the pot locks onto the burner for added security, and the kit still packs small." \$130; msrgear.com

#### © GOOD EARTH SWEET & SPICY TEA

A hot drink is key to keeping morale high on a long, cold day. Everyone has their go-to. Us? We're loving Good Earth's zippy Sweet & Spicy. "That smells good! What is that?" is a common refrain when we open our thermoses. The fiery combo of lemongrass, cinnamon, peppermint, anise, and ginger root warm you from within while orange peel, orange oil, rose hips, and black and green teas provide a sweet and earthy balance. One cup has about a quarter the caffeine as a cup of coffeejust a tiny bump. "Any hot drink will get the job done, but this tea really provides a zingy, warming jolt; the little kick of spice heated me up and kept my psych level high! It's like an energy drink for winter!" Also available caffeine-free and in a variety of flavor "infusions." \$4.50 (18 bags); goodearth.com

# O HYDRO FLASK TOOD FLASK TOOD FLASK

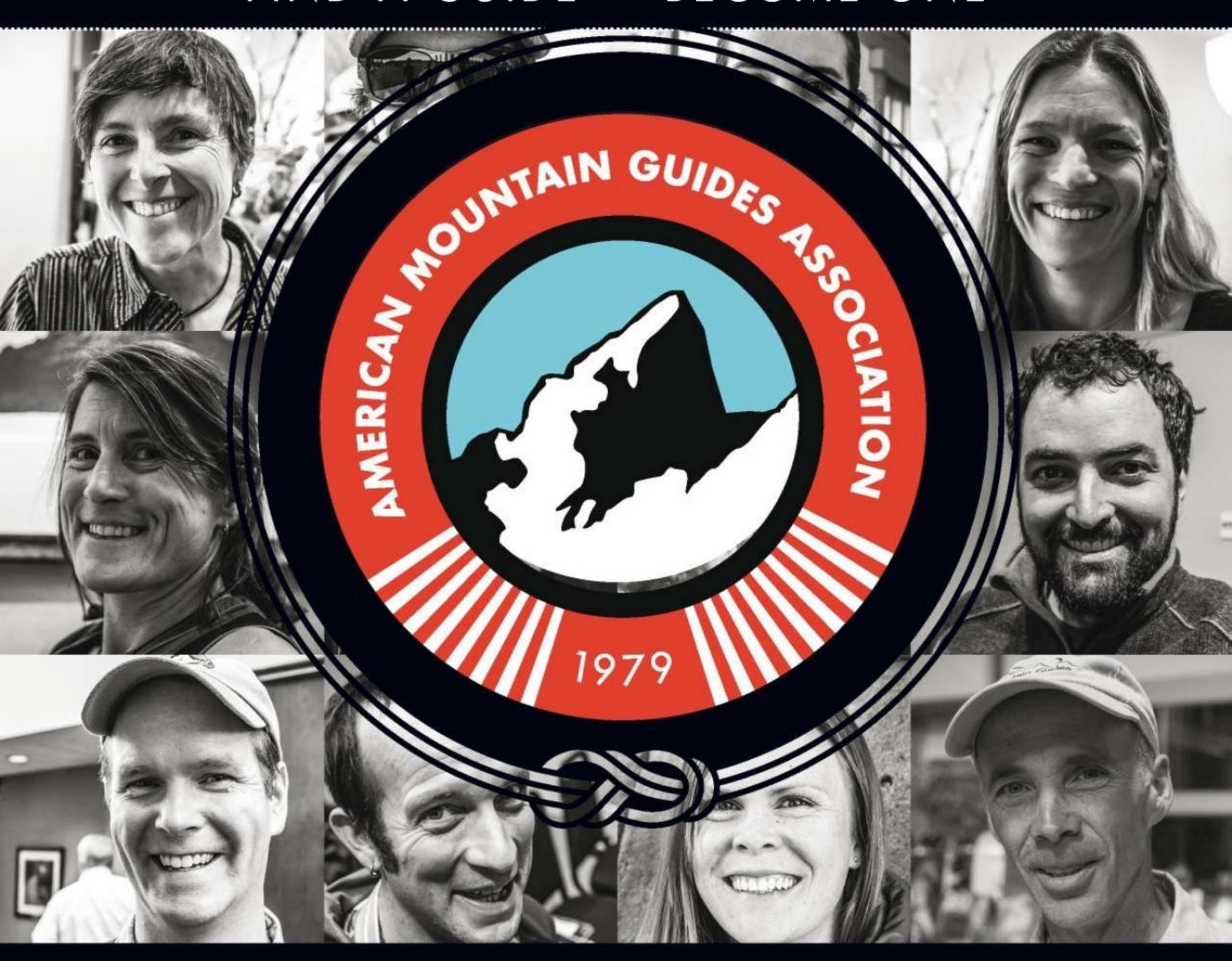
It's not just goose down, fleece, and hot drinks. To stay warm, you also need calories. And there's nothing like a hot meal to re-energize and reboot on a long day of ice climbing or winter cragging. Our testers loved bringing hot rations from home with this compact container. The extra-wide mouth makes it easy to scoop from and clean without holding onto any odor or lingering flavors: "I carried tomato soup in this one day and hot chocolate the next with just a quick rinse in between and no cross-contamination of taste!" Testers experienced zero spills and found that even in cold conditions, food was still warm up to six hours later. Bonus: When summer hits, the insulation will keep food or drink cold for several hours, too. \$24 (12 oz.), \$28 (17 oz.); hydroflask.com



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# HANG IN THERE

By J.P. Whitehead



#### MAXIMIZE COMFORT AT HANGING BELAYS

Hanging belays suck. There's no use trying to convince you otherwise. But it's a necessary evil of multipitch climbing, and extended time in even the most comfortable big

wall harnesses can leave legs numb and kidneys sore. That said, a little bit of foresight and a few tricks can shorten your hang time and mitigate pressure points. These techniques from multi-pitch masters will make any hanging belay at least a little less miserable.

fig. 1



fig. 2

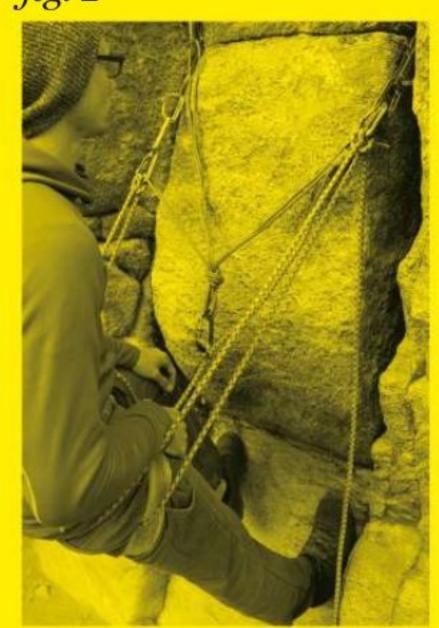


fig. 3



#### **FORESIGHT**

The primary objective is to get through it as quickly as possible. Hazel Findlay says, "Be patient and enjoy the view, but give your partner encouragement so he hurries up!" Think through the most comfortable and organized setup when you arrive at the belay stance. Who is going to lead the next pitch? Which side will they be climbing on? Avoid a high-angle yoga session by identifying the most effective anchor structure for the next pitch. It might take a few minutes of configuration, but it can easily save you double that time in contorted backbend belaying. Alex Honnold says, "The real key is to avoid hanging belays. Link pitches, use natural stances, do whatever it takes to avoid hanging in your harness all day." Proper rope management and multi-pitch efficiency will also help you move fast and painlessly through these inconvenient stances. Prioritize: Avoid them altogether, build a smart setup, and move quickly.

#### Unweight Your Harness

Taking the load off your harness is crucial, so reposition yourself often. Take turns lifting each leg, twisting your torso, sitting up straight, leaning all the way back, etc. Also try lifting your knees as high toward your chest as they'll go. Avoid sitting still and getting locked into one position, particularly if you're weighting one side of your body more than the other. Honnold says, "I like to alternate between feet against the wall, knees against the wall, and turning so that my hip is against the wall. They're all uncomfortable, but it breaks the wear up a bit." If you're faced with multiple hanging belays on one route, consider rigging one of the following fast and easy contraptions that will reduce the amount of weight in your harness.

#### **BELAY SEAT**

Many big wallers have a homemade bosun's chair (climbing.com/skill/big-wall-kit), but a smaller and lighter option for free climbing is a premade nylon belay seat like the Yates Gear Belay Seat (\$26, yatesgear.com). It's a rectangle of nylon that goes under your rear, with webbing loops on either side. Findlay once turned a mini haulbag into a seat; she says, "That was ace, but you need the right bag." A third and simpler option is to just use a double-length sling passed under your butt as a makeshift belay seat, or try a few slings girthhitched together for more length (Fig. 1). (Wider nylon slings are more comfy than thinner Dyneema slings, but either will work.) Clip the ends of the sling to a piece on each side of the anchor. Run both strands under your butt to evenly distribute the pressure. Tie a knot into the sling to make it shorter. IFMGA-certified guide Rob Coppolillo recommends doing something similar with a few strands of rope (Fig. 2): "Clove-hitch them to the anchor to create that loop behind your butt. It's not ideal, but all you need is to get some different areas of your body taking the weight for a few minutes. Alternate between the rope seat and your harness."

#### FOOT LOOPS

Another option is to create foot loops to stand in (Fig. 3). Use aiders if you have them, or fashion loops out of cordelette or double-length slings clipped to the anchor. Clip each sling to separate pieces in the anchor. If the slings are too long, shorten them by tying a knot in each. Standing on the end of the sling (as opposed to tying a knot under your feet) will be more comfortable. You probably won't want to stand the whole time, but being able to lift your weight off your harness for 20 to 30 seconds at a time will be enough to keep blood flowing.

## **EXTENSION 102**

By Jeff Achey



#### ADVANCED TECHNIQUES FOR SAFER AND SMOOTHER EXTENSION ON SPORT AND TRAD ROUTES

Every beginning trad climber learns the basics of "extension"—using slings or quickdraws to create more space between the rope and a piece of gear. (Check out *climbing.com/skill/extension-basics* for a quick refresher course.) There are three main reasons behind extension—reducing rope drag, keeping pro in its proper place, and preventing the rope from running over sharp edges—and there leties that can make you a fast, smooth, and expert extender. These tips aren't just for trad climbers.

are plenty of subtleties that can make you a fast, smooth, and expert extender. These tips aren't just for trad climbers. Bolt-clippers can improve their safety and sending success with these techniques as well.

#### THE TOOLS

Quickdraws, single-length slings (sometimes called full-length), double-length slings, and carabiners are essential parts of any trad climber's standard kit. (You'll also hear slings called runners, which is short for "running belay," meaning any protection point between stationary belay stances.) With a combination of these four main components, you can extend pieces from three inches to four feet.

Quickdraws are the go-to tool for clipping fixed gear and making short extensions. Draws vary widely in cosmetics and price, but more importantly they vary in their designated purpose. For sport climbing, you want full-size, wear-resistant biners on stiff, beefy slings (think Petzl Express or Trango Smooth draw). For trad, however, much lighter draws work betterfeatherweight biners on thin, supple slings to reduce bulk and weight and provide a more flexible attachment to nuts (think Black Diamond Oz). For sport and trad, carry at least two different lengths of draws, so you have options if a bolt or gear placement pinches the rope against an edge or leaves a carabiner levering over it. The number of bolts (plus two for the anchor and at least one extra for insurance) will determine how many draws to carry for a

sport route, but on trad routes, six to eight dedicated draws is typically about right. If there are any "must-hold" clips (e.g., the first bolt or a piece above a ledge) consider putting a lightweight locker on the rope end of the draw.

Single-length slings should be the mainstay of your sling collection. They're sized to fit neatly over one shoulder and give approximately 24 inches of extension when clipped with a biner on each end. Standard slings are 48-inch sewn loops, but individual runners can vary a few inches, to better fit largeror smaller-chested climbers. For versatility, try to mix it up a bit when racking-a few inches of difference in length can come in handy when trying to equalize two placements, and different materials have different uses (climbing.com/nylondyneema). Sewn 3/8" (or 10mm) tape is a good standard width for slings, but consider hand-tying a few with a simple water knot (climbing.com/water-knot), so they can be undone for threading bolts or pitons during unplanned rappels. For even more versatility, tie these slings with 5 to 7mm cord, so they can double as prusiks if necessary or be used as pro when threading narrow holes or slinging chickenheads and knobs. (If your tied slings have been used for a while,

make sure you can still get the knots undone before you leave the ground.) Bring at least six single-length slings total, and up to twice that for complex terrain with lengthy pitches, or on long routes if an unplanned retreat seems possible.

Double-length slings provide a whopping four feet of extension and are more useful for rigging and anchors than for extending a single piece of pro. If you extend a piece four feet, you've added eight feet to your fall, which is a bit much for safe travel on most blocky trad terrain. However, doubles come into their own when building belay anchors, when slinging cliff-top trees, as mini cordelettes for equalizing placements, and for using in rap anchors (or when creating a mini belay seat, see p. 41). Carry two or three double-length slings, more if you might have to bail.

Carabiners that are loose and not designated for a certain piece of gear are crucial, so carry an assortment to employ during extension. These can be carried a variety of ways: Some people prefer to stack them in sets of five on a gear sling or loop of their harness (clip one biner to the sling or loop and the other biners to that first one), while others prefer to clip a single biner to each sling over the shoulder.

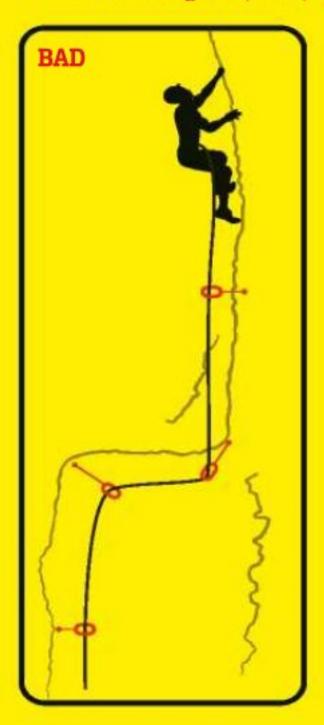


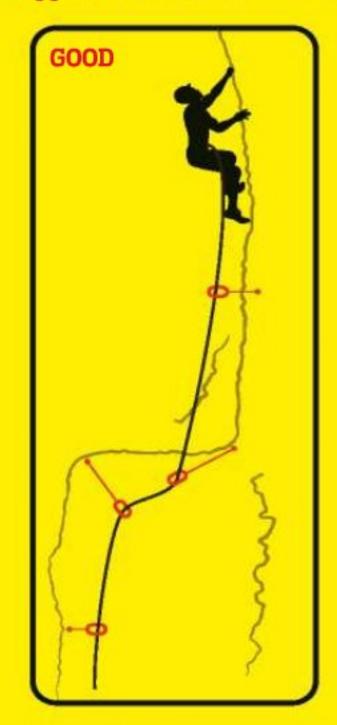
#### The Rabbit Runner

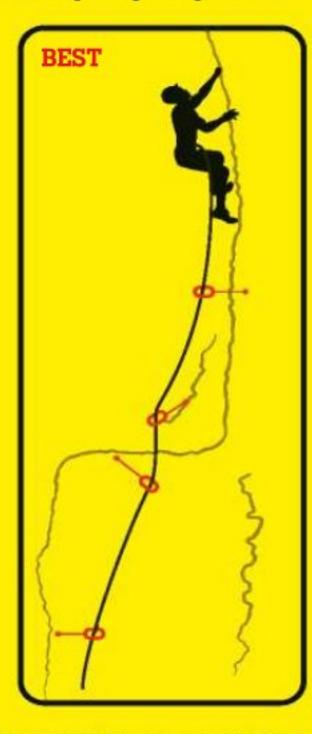
An efficient alternative to the double-length sling is the Rabbit Runner, a 1970s Bill Forrest (legendary Colorado climber who made several major innovations in climbing equipment) design that's still available from Metolius. A Rabbit uses the same amount of material as a single-length sling, but instead of being sewn into a closed loop, each end has its own small loop to clip a carabiner. Thus, you can use a Rabbit as a normal single-length sling, by clipping it doubled, or extend it single-strand for twice as much extension. Just adding one of these to your standard rack can greatly increase your placement, anchor, and rapping possibilities.

#### DON'T OVER- OR UNDER-EXTEND

Below roofs, before and after significant traverses, placements deep inside a wide crack—all of these situations demand full-length slings. Cams placed in a splitter crack seldom even need a quickdraw, but delicate nut placements in that same situation are best fitted with a flexible draw to keep the rope from dislodging the nut. When learning, I used long runners on almost everything. Now, I use them sparingly. Look below and above your chosen placement to imagine the rope's path after you clip your piece with a draw or a sling. Is the extension serving a purpose? If not, don't extend. Adding four feet to your potential fall might mean the difference between a harmless slip and an injury. Sometimes you'll place a "critical" sling—a single point that protects the second on a traverse or keeps the rope from a razor-sharp edge. In these cases, use two opposite and opposed biners (*climbing.com/skill/opposite-and-opposed*) or a locker on the rope, and double up the pro if possible.





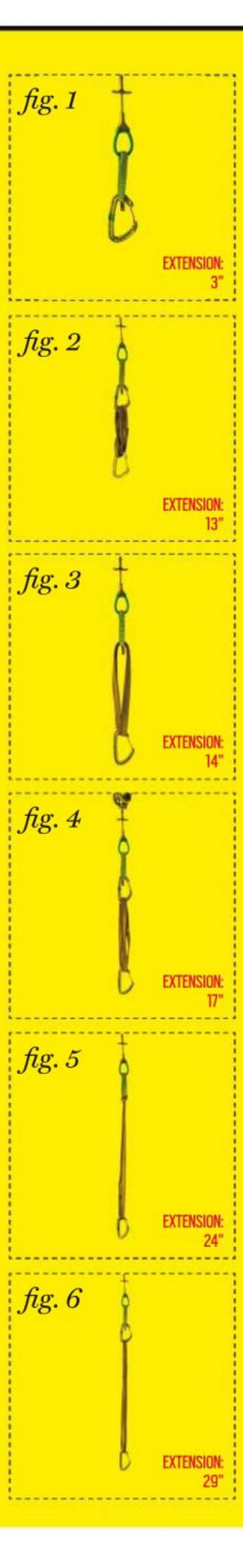


#### **SLING CONFIGURATIONS**

Most of the time you can just clip your chosen sling to the piece of gear and the rope (fig. 6), but there are a few other options if you need to gain or lose a few more inches. If you're short on biners, try girth-hitching a cam's sling (fig. 5, but don't do this with a wired nut; the cinching action of the girth-hitch can cut the sling in a fall). By doubling the runner through the cam's sling (fig. 3, this works for wires, too) you'll shorten the extension. Pick just the extension you need and no more. For long routes, speed of placement and re-racking is important. To move fast, add a few extra biners to the rack and nix all girth-hitching. Likewise, when quick-drawing a cam, leave the cam's biner on the gear. It wastes a biner, but saves time when the gear is re-racked. Small savings add up over the course of a dozen pitches. A standby for rigging full-length slings is the "alpine quickdraw" (*climbing.com/skill/the-alpine-quickdraw*). If you end up with a wrap around one of the biners, take the time to fix it. The wrap can work its way onto the gate, increasing the chances of cross-loading or unclipping. You can improvise a draw by clipping biners to both ends of a wired nut or corded pro, such as hexes.

#### CARRYING

How many times have you needed a sling, only to find it inaccessibly draped over your wedged shoulder or hopelessly tangled with six other slings and biners? Rack smart to avoid such bondage. The alpine draw setup works well for a few of your full-length slings, but carrying them all that way consumes valuable harness space. The simplest option is over one shoulder—in my opinion, best done without biners, which promote tangles. Another alternative is to carry one "runner runner" over your shoulder, then double the rest of your single-length runners over that runner so they hang on your side, clipping both ends of each hanging runner with a carabiner. To deploy one-handed, simply unclip from one strand and pull. (Check out *climbing.com/runner-runner* for a quick demo.) When swapping leads with a partner, I'll often rack all the quickdraws on a dedicated shoulder sling to speed up changeovers. Since I seldom use my double-length slings except at belays, I carry them tripled, knotted, and clipped to a biner on a rear harness loop.



# THE OVER-GRIPPING MYTH

By Brian Rigby



#### IMPROVE ENDURANCE BY LEARNING THE SCIENCE OF STRESS

As you move ever higher above your last piece and further outside your comfort zone, you grip the rock for dear life, even though you know the route is well within your ability. Yet here you are, only halfway up and too pumped to continue—everything feels way harder than it should. Most climbers have experienced this unfortunate situation: When you get scared, you hold on too tight and waste precious energy. The perceived solution: Focus on relaxing your hands

to stop over-gripping the rock, thus lasting longer. While this does seem to make logical sense, over-gripping is actually not a significant factor in this perceived fatigue. Studies in applied physiology, neuroscience, and sports medicine point to stress itself as the culprit for accelerated fatigue. Anxiety can trigger the release of a certain hormone that can make you feel more pumped and tired than you actually are. Here we've provided some tips and tricks to conquer your fears and prevent the dreaded pump.

# Physiology of Anxiety

When we attribute poor performance to over-gripping, the situation is usually the same: We're uncomfortable and experiencing a stress response. When we get stressed, whether out of fear, competition, anxiety, or any other worry-inducing factor, we experience a few common physiological changes. Our heart rate increases along with breathing. We switch energy systems from the slow-burning aerobic system, which runs primarily off stored fat, to the faster anaerobic system, which runs primarily off carbohydrates. Our core body temperature starts to rise, and we start to sweat more (another con in climbing). All these changes are mediated through one primary hormone: epinephrine (also called adrenaline), which is necessary when intensity suddenly increases, like powering through a crux.

If the only type of stress we experienced was the stress of exertion on the wall, and the only time we experienced it was during strenuous moves, then epinephrine would only ever be positive. The problem is that fear and anxiety cause stress before we even leave the ground, and therefore cause changes that are less positive/adaptive and more damaging to our performance. A study published in the Journal of Exercise Physiology in 2000 corroborates this: Novice climbers had significantly higher heart rates not only during a climb, but before it even began. The most likely reason for this is anxiety. An increase in mental stress causes an increase in epinephrine release, which then increases heart rate. The novice climbers began the climb with a body already in stress mode—the same physiological state more advanced climbers might only experience during a crux. This means that instead of moving smoothly through the easy sections and reserving stamina for the tough ones, precious energy gets wasted due to an unnecessary increase in epinephrine, caused solely by anxiety.

#### FEEL THE PUMP

The premature release of epinephrine affects performance because the shift to relying on carbohydrates for fuel causes an increase in blood lactate and free hydrogen ions that cause muscular acidosis and the resulting pain. In other words, this increase in intramuscular acid levels causes the burning feeling in your forearms that is associated with pumping out. This increase in pain dampers your endurance and can reduce your resolve to continue, making you feel very pumped and fatigued when in reality, you likely aren't. A 2007 study in the European Journal of Applied Physiology revealed that elite climbers derived 8.5% of their energy from carbohydrates on easy routes. As routes grew in difficulty, this number peaked at roughly 14%. On the other hand, for less-experienced climbers on easy routes, carbohydrate reliance began at 16.5%, almost double the rate for elite climbers.

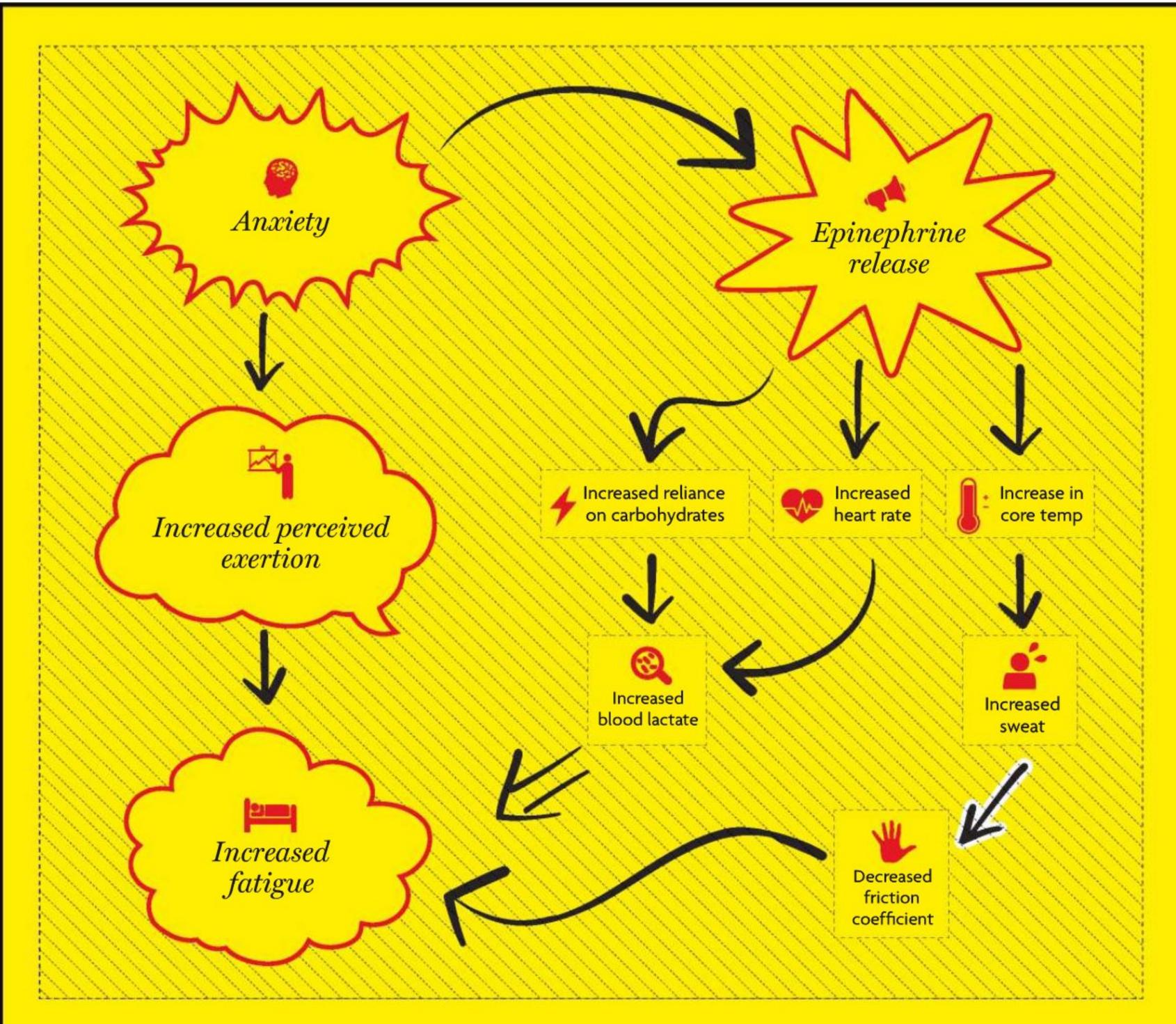
#### PERCEIVED EXERTION

Anxiety can also explain why we think we are gripping harder, or working harder in general, even if the actual amount of work is not greater. Beyond the physiological changes epinephrine causes, anxiety correlates to perceived exertion, meaning the more anxious you are, the harder everything feels. Perceived exertion isn't just a mental construct; it's how our brain and body communicate during exercise to determine how fatigued we are. Anxiety throws a wrench in the works by increasing perceived exertion, essentially sending the body the wrong signal about how much work is being done and subjecting us to premature fatigue. A second factor that ups perceived exertion is core temperature, which is increased by epinephrine. Actual strength is unaffected, but this increase signals the body to slow down and allow core temperature to decrease. Anxiety, not over-gripping, is the real performance killer here. If we focus primarily on fixing our anxiety, then we fix all the negative elements associated with it. We shift our metabolism back toward burning fat, we cool down our core temperature, and we experience the climb on par with the actual difficulty and our abilities.



#### BRIAN RIGBY

As a certified sports nutritionist (MS, CISSN), Brian Rigby works with climbers and other athletes at Boulder's Elite Sports Nutrition (bouldersportsnutrition.com) in Colorado.



#### **Fight Anxiety**

- → Figure out what your source of anxiety is, because you can't change what you don't understand. Are you nervous because you're afraid to take a fall, because you know people are watching, or because the climb is above your usual grade? Once you know the source of your anxiety, create focused strategies (practice falling on the route, visit the crag when it's less busy, etc.).
- → Give yourself permission to fail. Onsighting problems is great, but the more pressure you put on yourself to perform, the greater your anxiety response will be. When you give yourself permission

to fail, you remove your self-imposed consequences, and you'll actually be more likely to succeed.

- → Learn the climb by heart. In addition to saving energy by increasing your climbing efficiency, you also remove the stress that goes along with new situations. The better you know a route, the less you'll worry about what you might encounter, how far the runout is between bolts, and where you might fall. According to one 2007 applied physiology study, simply repeating a route once decreased anxiety by 16%. Repeating it numerous times will only reduce anxiety further.
- Create a pre-climb or pre-comp ritual. We might laugh at the superstitious behaviors of many pro athletes (and their fans) before a game, but these

behaviors have an adaptive advantage—they reduce anxiety. Rituals also help you define meaningful "beginnings" for actions (as in, "After I chalk up three times and clap twice, I begin to climb."), which can help trigger your full concentration on the upcoming task of actually climbing.

Remember that stress is an adaptive response. The reason we experience physiological changes when we're anxious is because they are intended to increase strength, power, focus, and drive, giving us the energy we need to succeed. If you're anxious before a climb, focus on how these positive aspects of the stress response will help you climb, not how the debilitating aspects will hold you back, which can reduce your anxiety about, well, anxiety.



















# Ask Answer Man

He knows climbing. And he knows it.

I've heard about an "unspoken" code against bouldering shirtless with a beanie. Makes me wonder at what point style interferes with climbing?

-R. Robinson, via email

In most cases, style doesn't interfere with climbing. But it can make you look like a twat to your fellow cragsters. It's kind of like hipsters in the original Brooklyn sense of the word, back before the masses regarded every bearded flannel-wearer with cuffed jeans as such. Those hipsters, with their cropped tank tops, painted-on jeans, shutter sunglasses, and poorly executed irony (did they even understand the term?) were an embarrassment for everyone. But however lame it may be, style is generally accepted as a personal choice, and they were doing no *real* harm. So they flourished.

Consider when your questionable choices might be harmful or become burdensome; this is when they do one of two things: 1) put your nether regions on display in a way that is prohibited by whatever law your state happens to employ, or 2) are inconveniencing to your friends. By that I'm referring to the function clothing has. Here's an example: When you set out for the crag in cold weather, pack and dress in layers. Be mindful of the weather forecast, and remember that a change in elevation alters the temperature significantly. You might be hot while you're hiking, but you'll be cold when you stop. Pack a rain shell and a puffy jacket. Most of all, remember that a beanie keeps your ears warm and, short of stuffing it in your pants, not much else.

My partner tosses banana peels and apple cores when we're at the crag because they're "biodegradable." I think it's environmentally irresponsible. Who's right?

—Will D., San Francisco, CA

If we are to trust the highly lauded paragon of personal responsibility in the wilderness, i.e., Leave No Trace (and we should), their official stance has little wiggle room. According to the "Dispose of Waste Properly" section of LNT's Seven Principles, "Pack it in; pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter."

Litter is an eyesore and attracts animals. I walk through enough trash in this God-forsaken city on my way to Answer Man Headquarters every day. Tell your friend to pack out those peels—or I'll start chucking my trash in his yard.



Gear is expensive. Do you have any tips for extending its life?

—Alison F., Phoenix, AZ

Considering what climbing gear does for us, I think it's actually a steal. Have you considered the cost of a trip to the ER? But I sympathize and won't leave you hangin' like a Death Triangle on a desert tower. In my excessively dirty experience, I can say that dirt is enemy number one to our gear. Here's how to keep your shit clean.

Soft goods: ropes, harnesses, slings, draws, etc. Get a rope bag with a good tarp and keep your draws and harness in your pack, on your body, and off the ground. Inspect things each time you come home. Looking grim? A nice, manufacturer-approved rope wash like Sterling's Wicked Good Rope Wash (\$2) can go a long way.

Hard goods: cams, biners, belay devices. Dirt and grime can gum up the action on anything with moving parts (cams, biners, Grigris), especially in the desert. Dip in near-boiling water (the metal only!) and brush with a toothbrush. Let them dry and re-lube with WD-40. Or don't fall on them; that's Answer Man's method.

Shoes: The price of shoes seems to have steadily risen so much that Answer Man has had to start a separate investment portfolio just to keep my doggies in stickyrubber style. I use an old pair as my gym shoes and keep a pair or two pristine for outdoor use only. Since any publicity surrounding gym ascents is only met with derision, I don't care how good the edge is when inside. Go to *climbing.com/shoecare* for shoe-cleaning tips.

Take care of your gear, and it will take care of you.

Got a burning question about climber etiquette, customs, or values? Email answerman@climbing.com.

AND OTHER TOPICS... Where should I take my next road trip? Valmont Canyon // Who's your favorite climber? Three letters: SBC. She's having the most fun. // Are you going to try out for American Ninja Warrior? What are you, 12? // Who makes the best chalk? Crayola 48-count washable. Leave no trace, y'all.

# he Valley's Incomplete History

Each fall, Reel Rock delivers what I consider to be the world's biggest and best climbing films. If you are a climber and haven't heard of Reel Rock, where the hell have you been? And congrats, because you have some great films to watch. Each year, they masterfully weave together famous climbers, epic routes, and most importantly a real, honest-to-God story. They give us compelling reasons to care about the people and places of climbing, not just the climbs.

Storytelling is easy to talk about but damn hard to do, and that is the biggest thing lacking from most other climbing media today. There's an overabundance of shirtless dudes in beanies cranking double-digit boulder problems to techno on YouTube (see previous page). If that is the virus, then Reel Rock is the antidote.

This year Reel Rock debuted the feature-length "Valley Uprising," which in many ways is their magnum opus. Seven years in the making, it's an ambitious chronicle of Yosemite Valley climbing history, starting with the iconic rivalry between Royal Robbins and Warren Harding and leading up to the present day. I'll be the first to say that it delivers. It's one of the best and most important climbing films, since... ever. It captures the rebellious and adventurous roots of climbing, and some of the eccentric pioneers that pushed the limits of what was humanly possible. Plus, it glorifies the dirthag lifestyle, something for which anyone who has been following this column knows, I am a religious proponent.

But this isn't a review. I'm writing to warn you that this film is dangerous. As a climber, the DVD belongs on your shelf, but don't think of it as a comprehensive (or absolutely accurate) chronicle of Yosemite history. It's just a really good story. As a filmmaker myself, I loved the film, but as a Yosemite climber and history buff, I felt like I had just read the Cliff Notes of a great novel.

As co-director Nick Rosen puts it, "You can't exhaustively cover a 60-year history of amazing climbers in a 90-minute movie." Many key figures and climbs are left out of the story for the sake of clarity and continuity for a mainstream audience. As the credits roll, this fact is acknowledged by the filmmakers, and a huge list of climbing heroes who didn't make the cut moves quickly past.

For me, part of the allure of Yosemite climbing is its rich and diverse history and the fact that, if you are dedicated and obsessed enough, you might just get to add to it.

So, because I love Yosemite and its rich tradition of motley but masterful misfits, I have assembled a timeline of what are, in my opinion, key moments that "Valley Uprising" missed.

**Prehistory** The Ahwahnechee Natives almost certainly did some adventurous scrambling in search of food and perhaps excitement. I like to think they soloed *Astroman* for entertainment.

1869 John Muir deserves a shout-out, too. His onsight free solo of Cathedral Peak, with its fourth class section that people still rope up for, was Honnold-level badass in its day.

1877 George Anderson drills his way up Half Dome, establishing the Cable Route still used today, thus introducing aid climbing (and questionable style) to Yosemite!

**1930s** The Sierra Club begins to organize outings to Yosemite and introduces cutting-edge rope techniques learned from Europeans, like the running hip belay and the *dülfersitz*, a very uncomfortable but useful way to descend a rope by wrapping it around your body.

1934 Using 38 pitons (and big balls), Jules Eichorn, Richard Leonard, and Bestor Robinson climb Higher Cathedral Spire (*Regular Route* is 5.9), arguably the first major technical climb in Yosemite.

1936 Led by Morgan Harris, who biked from the Bay to Yosemite, Kenneth Adam and Kenneth Davis climb *Royal Arches* (5.10). The first major face in Yosemite is climbed!

1937 Richard Leonard and the famous environmentalist David Brower establish one of the first free climbs in Yosemite with their ascent of a 100-foot spire next to the Falls Wall, at the heady grade of what would become 5.5.

1940s World War II squashes climbing dreams.

**1950** John Salathé invents the steel piton for Yosemite's impenetrable cracks and climbs the North Face of the Sentinel with Allen Steck. This route is now known as the *Steck-Salathé* (5.10), a mega-classic.

1960 Yvon Chouinard and Tom Frost invent the RURP (Realized Ultimate Reality Piton) and establish Yosemite's hardest aid climb on Kat Pinnacle.

**1961** Chuck Pratt and Mort Hempel climb the *Crack of Doom* on Elephant Rock, ushering in the grade of 5.10. Pratt heroically risks huge falls on a route that is still difficult with modern protection.

**1963** The first speed-climbing rivalry unfolds on *Steck-Salathé* when Layton Kor and Steve Roper cut two hours off Robbins' 10-hour time. Robbins and Tom Frost return to climb it in 3:14!

**1964** Frank Sacherer and Pratt take free climbing to a new level, climbing Salathé's *Lost Arrow Chimney* (5.10) in a day. This is widely considered by modern climbers to be more demanding than *Astroman*, and I consider it the first big wall free climb in Yosemite.

**1964** Jeff Foote and Steve Roper do the first one-day ascent of the Regular Northwest Face of Half Dome. Eric Beck does the first solo of the same route shortly afterwards.

**1967** Let's hear it for the ladies. Liz Robbins has a standout year. With Royal, she establishes *Nutcracker*, a stout 5.8, and the first route to be climbed completely on passive protection instead of pitons. She also climbed the *Regular Northwest Face of Half Dome*, becoming the first woman to climb a grade IV.

**1972** Charlie Porter climbs *The Shield* (A3 5.8) with Gary Bocarde. The Shield Headwall is still one of the most imposing and exposed features in the Valley. The same year he solos the first ascent of *Zodiac* (C3+) on El Cap. Later he would establish the world's first grade VII. On Baffin Island. Solo. Charlie was the man!

**1973** Hugh Burton and Steve Sutton do the first ascent of *Magic Mushroom* (VI A4 5.10).

1973 Sibylle Hechtel and Bev Johnson accomplish the first all-female ascent of El Cap via *Triple Direct* (5.9 C2-).

1975 Jim Bridwell, Bill Westbay, Jay Fiske, and Fred East establish the *Pacific Ocean Wall* (A3 5.9), the hardest route on El Cap at the time.

1975 "Hot" Henry Barber brings the heady grade of 5.12 to Yosemite

with his ascent of Fish Crack.

**1976** Jim Erickson and Art Higbee free climb the *Regular Northwest Face of Half Dome* at 5.12.

**1977** Molly Higgins and Barb Eastman make the second all-female ascent of El Cap, the first on the *Nose* (5.9 C2).

1977 Ray Jardine free climbs Yosemite's first 5.13, *The Phoenix*, using the camming devices he invented, called Friends, to protect the crack.

**1978** Ron Kauk climbs *Midnight Lightning* (V8). John Yablonski's acid-filled vision that "it would go" leads to the first attempts.

**1980** Bill Price establishes the hardest free route in Yosemite at the time: *Cosmic Debris* (5.13), an overhanging finger crack.

1986 Peter Croft and John Bachar climb El Cap and Half Dome in a day!

1987 Jim Beyer solos the *West Face* (5.11c) of El Cap in a day, its firstever solo one-day ascent.

1987 Dave Shultz and Walt Shipley do the ground-up first ascent of the virtually blank South Face of Half Dome via *Southern Belle* (5.12d R), with huge runouts and bolting from hooks on lead. Shultz returns with Scott Cosgrove to free climb the route.

**1987** Peter Croft free solos *Astroman* (5.11c).

**1988** After much work and rehearsal, Todd Skinner and Paul Piana free climb the first major route on the main face of El Capitan via the *Salathé Wall*, with multiple 5.13 pitches.

**1989** Steve "Shipoopi" Schneider makes the first one-day solo ascent of the *Nose*. Shipoopi was an Original Gangster.

**1991** Croft and Dave Schultz climb the *Nose* in less than five hours. The next year, Croft and Hans Florine climb it in 4:22. Hans would go on to have a love affair with the route, climbing it more than a hundred times and holding and losing the record several times. Hans holds the record today with Alex Honnold.

1992 Eric Kohl establishes *Get Whacked* (VI A5 5.10). Fueled by Olde English and a boldness never before seen in Yosemite, Eric put up numerous extremely dangerous routes on El Cap and the surrounding walls. Many of his routes are unrepeated for good reason.

**1993** Lynn Hill free climbs the *Nose*. "It goes, boys."

**1995** The Huber Brothers arrive from Austria with leather pants and luxurious flowing hair to revolutionize El Cap free climbing, establishing *Golden Gate* and *Corazon* at 13b, *El Nino* at 13c, and *Zodiac* at 13d.

**2000-present** Tommy Caldwell begins a long love affair with El Cap that is still alive today. Tommy repeats all of the Huber routes, and then sets to work establishing his own testpieces, including the first 5.14 on El Cap, the *Dihedral Wall* with Justen Sjong. Tommy returned to free most of these routes in a day, and after using fixed ropes on El Cap, adopts a strict "everything must be free bottom to top without returning to the ground" ethic.

Perhaps nobody more than Ammon McNeely represents the modern renegade spirit! When he wasn't running from the rangers and getting tased, he developed his reputation as the "El Cap Pirate" by flying the Jolly Roger on many of his ascents. Ammon establishes more speed records on El Cap than anyone.

Then, we have the handsome, intellectual Yosemite persona. By living in his truck on the SAR site, eating saltines and butter packets, with rippling muscles and an unparalleled physique, no cliff was safe. As long as it wasn't 5.14. Or too scary. Or he wasn't being lazy and getting high in the meadow. Hmm. I wonder who this is? Well, I also established free climbs on the North Face of the Sentinel and notched the first free ascent of the main face of Liberty Cap: *Mahtah* (V 5.12d). **Tomorrow** YOU! You could be the next Yosemite Legend, vying to knock Caldwell and Honnold from their thrones. All it takes is tons of

talent mixed with hard work, passion, and a dash of good luck.

# Are You Climbing Enough?



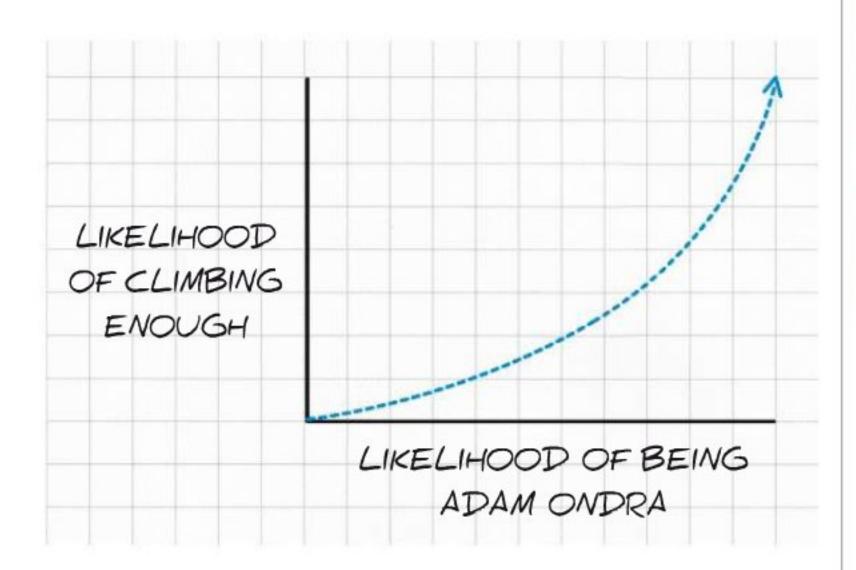
Do you have that one friend who, every time you ask him/her to go climbing with you, says yes, and then adds something along the lines of "but I haven't been climbing much lately."

Or are you that friend? I often am. I'm trying to quit saying that, or trying to say instead, "I haven't been climbing much lately, and by 'lately,' I mean 'since 1979."

Not Climbing Enough Lately is a significant problem in the climbing community, and according to my totally unscientific research, it affects 99 percent of climbers at all times. There are few people worldwide who really are Climbing Enough, and usually they aren't being asked to "go climbing," because they already are climbing every day. This list of people includes Alex Honnold, Adam Ondra, and Chris Sharma. They Climb Enough because their full-time job is climbing. They get paid to Climb Enough, and getting to the point

where you get paid to Climb Enough requires a level of dedication and possibly obsession that results in sponsors noticing and writing checks.

If you're anything like me, you'll set out to Climb Enough then get sidetracked by a Groupon for cooking classes. Or maybe you'll decide that this is the year you'll learn to longboard. Or a new doughnut shop will open down the street, and you'll have to try every flavor, and you're sure not going to the gym that week. There are an unlimited number of things that I want to do or need to do that take time away from the limited amount I have each day to Climb Enough. Climbing, though, is different from a hobby like building model trains or drinking. Your friend will never say, "Man, I would love to go to happy hour with you, but I haven't been drinking that much lately and I don't want to hold you back."



#### YOUR FRIENDS WILL DO THINGS LIKE:

- → Claim they have not been Climbing Enough when you meet them at the gym, and then warm up on your project.
- → Claim they have not been Climbing Enough, and then hike everything at the crag while you struggle. When you say, "I thought you hadn't been climbing much?" They reply, "Just plastic."
- → Talk about Not Climbing Enough when you see them at the gym, and then reveal that they have been on Denali for the past three weeks.

It's important to realize that Not Climbing Enough Lately is a subjective phenomenon. The very serious climber's Not Climbing Enough Lately might very well be the fully employed new parent's Holy Shit It Is Great To Get Out Of The House And Climb A Few Routes. It's entirely possible that Kevin Jorgeson and Tommy Caldwell arrived at the Dawn Wall this year and apologized to each other for Not Climbing Enough Lately.

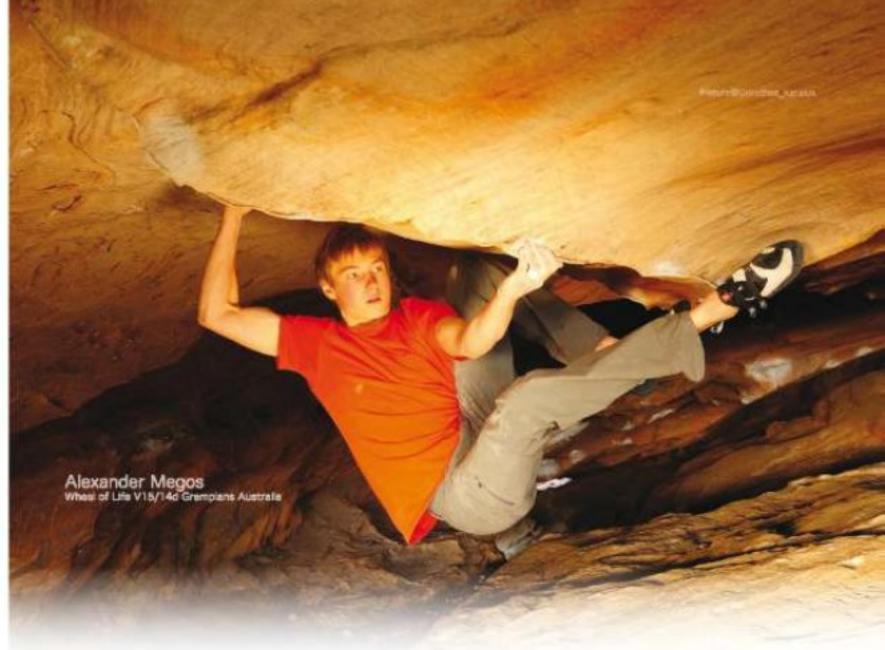
In most of our lifetimes, we will only have short periods where we believe we are Climbing Enough. If you have one, you are fortunate. If you have more than one, you are extremely fortunate.

#### HERE IS A SHORT LIST OF TIMES IN YOUR LIFE THAT YOU MAY HAVE BEEN CLIMBING ENOUGH:

- → That week you spent at the Red River Gorge and climbed five out of six days
- → The time you climbed the *Nose* over the course of three to six days
- → That week you spent at Indian Creek and climbed five days straight
- → That road trip you took one summer, hitting five life-list crags
- → The three-week period when you told everyone you had "good skin"
- → That time you competed in 24 Hours of Horseshoe Hell

Not Climbing Enough is not an affliction or something to feel bad about; it's the normal state of being for most climbers. If you find that Not Climbing Enough is making you unhappy, restless, or slightly depressed, think about scheduling some time to Climb Enough next year. The commitment can be as short as 24HHH, or as long as quitting your job, packing all your stuff into your car, and driving around the country climbing your ass off until you run out of money. It's up to you. //

Brendan Leonard is a contributing editor for Climbing. He lives for the relentless pursuit of 5.fun and writes at semi-rad.com.



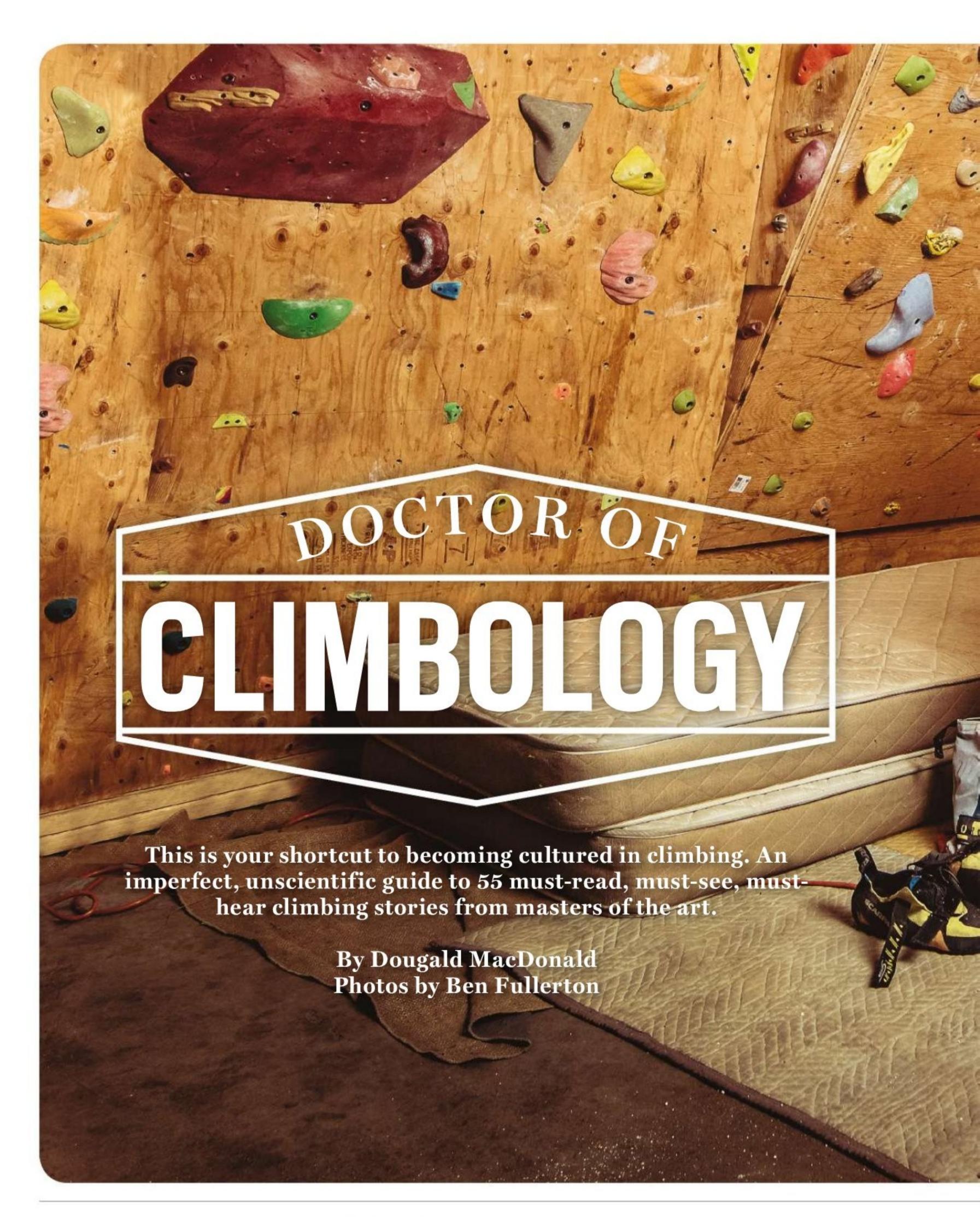


highest response range









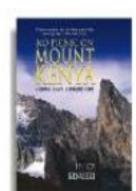


#### DOCTOR OF CLIMBOLOGY



#### 22 MUST-READ CLASSICS

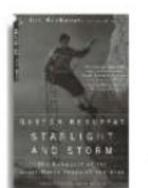
If you're new to climbing literature, start with these definitive tales of adventure. Note: We only considered books written in or translated into English.



No Picnic on Mount Kenya, by Felice Benuzzi (1947)

Freedom of the hills! In 1943 three Italian POWs, imprisoned in East Africa at the

height of World War II, escape the monotony of prison life by breaking out and attempting 17,057-foot Mount Kenya, using only a drawing of the peak on a food tin to plan their route. After 18 days of epicing, they break back into camp and turn themselves in.

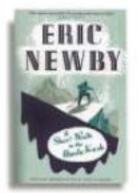


Starlight and Storm: The Ascent of the Six Great North Faces of the Alps, by Gaston Rébuffat (1954)

The man for whom the gaston climbing hold is named (though he died in 1985 and likely never heard the term), Rébuffat epitomized French alpine climbing in the postwar era: fast, bold, stylish. His book If you love this is an elegant celebration book, don't miss Conof the joys of climbing: "In quistadors of the Useless, a memoir of the extraordi-

this modern age, very little remains that is real. Night has been banished, so have the cold, the wind, and the stars. They have all been neutralized: the rhythm of life itself is obscured.... What a strange

encounter then is that between man and the high places of his planet! Up there he is surrounded by the silence of forgetfulness."



A Short Walk in the Hindu Kush, by Eric Newby (1958)

Eric Newby, an English travel and fashion writer, recounts a slapdash attempt on un-

climbed Mir Samir (19,058') in Afghanistan. Newby and his hapless climbing partner don't get far, but it hardly matters in this comic masterpiece.

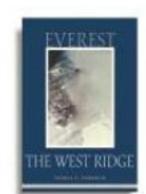


The White Spider, by Heinrich Harrer (1959)

Though the writing is sometimes stolid, Harrer's story of the many attempts (often

fatal) to climb the Eiger Nordwand during the 1930s, culminating in his first-person account of the successful climb in '38, has a power that's impossible to ignore. Climbing reader Steve Kraft said, "The White Spider was the book that inspired me to start climbing. I immediately wanted to go to Europe, fall in love with an Italian girl, and climb in the mountains."

In the same vein: Try Nanga Parbat Pilgrimage: The Lonely Challenge, by Hermann Buhl.



#### Everest: The West Ridge, by Tom Hornbein (1964)

Tom Hornbein's story of the bold climb of the West Ridge and traverse over the sum-

mit of the world's highest mountain-both firsts-is by far the best book about an American expedition to Everest.



#### Mountain of My Fear,

by David Roberts (1968)

The first of nearly two dozen books that Roberts has written or co-authored, Mountain

of My Fear is a fast-paced, revealing narrative of a new route on Mt. Hun-

> tington in Alaska and the sudden death of a team member during the descent. Roberts revisits this accident and other climbing fatalities in his 2005 book On the Ridge Between Life and Death: A Climbing Life Re-examined, in which he questions the value of serious mountaineering.



nary French climber Lionel

Terray (first ascents of

Makalu, Fitz Roy, and Mt.

Huntington, among

others).

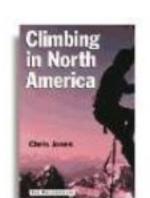
#### One Man's Mountains,

by Tom Patey (1971)

Satirical essays? Song lyrics? The great Scottish climber's autobiographical work-pub-

lished after Patey died in a rappelling accident at age 38-wouldn't seem to appeal to a 21st-century reader. But Patey's humorous tales hold up well-you can easily imagine hearing them told in a smoky Highlands pub or bothy. Pour out a wee dram and enjoy. Speaking of poetry: David Chaundy-Smart, editorial director of the Canadian climbing magazine Gripped, claims that "the single best piece of 20th-century climbing literature is 'David,' a poem taught in Canadian schools, written by Canadian poet Earle Birney in 1940. It's about two young men on a free-soloing spree in the Rockies. One falls and breaks his back, and be-

cause he can't climb anymore asks his buddy to roll him off a ledge. And he does."
This long poem is easily found online—and it is remarkable.



Climbing in North America, by Chris Jones (1979)

Don't worry: This history

book is nothing like the tomes you toiled through in school. Covering all forms of climbing, from Native American spiritquesters to the dawn of modern free climbing, Jones' book is enlivened with fast-paced storytelling, memorable quotes, and iconic photos. Many of the legendary climbing tales we take for granted came to prominence in these pages.



The Shining Mountain, by Peter Boardman (1978)

Savage Arena, by Joe Tasker (1982)

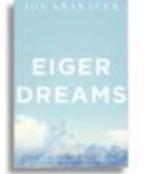
The annual Boardman Tasker Prize for Mountain Literature is Great Britain's top award for written works about mountaineering, and these are the best books by the eponymous climber-writers. Boardman's The Shining Mountain describes a cuttingedge new route on Changabang in India, while Savage Arena is a general climbing memoir. Both are unforgettable. You can buy them together, along with Boardman's Sacred Summits and Tasker's Everest the Cruel Way, in The Boardman Tasker Omnibus (\$35, mountaineersbooks.org).



**Touching the Void,** by Joe Simpson (1988)

Joe Simpson's account of what happened after he broke his leg high on Siula Grande, a tow-

ering ice peak in Peru, is simply riveting—possibly the greatest book-length climbing survival story ever written. Remarkably, the movie produced 15 years later was just as good (see "Hollywood Heroes"), but read the book first.



Inter-

ested in climb-

ing history? Don't miss

Climb! Rock Climbing in

Colorado, by Bob Godfrey

and Dudley Chelton (1977). A

later edition, updated by Jeff

Achey in 2002, refocuses

the story on modern

climbing.

Eiger Dreams: Ventures
Among Men and Mountains,
by Jon Krakauer (1990)

Jon Krakauer has always been a climber's climber, and before he wrote his big climbing book—
Into Thin Air, likely the best-selling mountaineering book of all time—he published this slim volume of stories collected from Outside and other magazines. The chapter on Krakauer's search for meaning and transformation through a solo ascent of Devils Thumb in southeast Alaska is a classic.

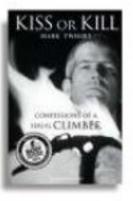
Other collections of excellent climbing articles are found in Greg Child's Postcards from the Ledge (1998), Doug Robinson's A Night on the Ground, A Day in the Open (2004), and John Sherman's Sherman Exposed (2001), many of whose chapters were drawn from the "Verm's World" column that ran for years in this magazine.



The Totem Pole: And a Whole New Adventure, by Paul Pritchard (2000)

Paul Pritchard became a notable writer with his award-win-

ning first book, *Deep Play*, which chronicled adventures from North Wales to Baffin Island and Patagonia. But in 1998 Pritchard suffered a terrible accident on a 210-foot sea stack off the coast of Tasmania and barely survived—he lives today with hemiplegia (paralysis on one side). His moving book recounts the accident and his tortuous recovery.



Kiss or Kill: Confessions of a Serial Climber, by Mark Twight (2001)

A book people either love or love to hate, this collection of stories

is a collective blast at the "stupidity and mediocrity" Twight saw in the world around him—both inside and out of the climbing world—at a time when he was one of North America's best alpinists. Quote: "Live the lifestyle instead of paying lip service to the lifestyle. Live with commitment. With emotional content. Live whatever life you choose honestly. Give up this renaissance man, dilettante bullshit of doing a lot of different things (and none of them very well by real standards). Get to the guts of one thing; accept, without casuistry, the responsibility of making a choice."

#### WISH LIST

Which non-climbing writer do you wish would write a book about climbing?

THE OVERWHELMING RESPONSE:

#### CORMAC MCCARTHY

A valiant attempt by climber Clint Helander at writing the first paragraph of a Yosemite novel in the style of Mc-Carthy: A miasma of detritus hung like heavy thoughts of past failures across the nylon city of tents once bright but now faded to more earthly tones by a godless sun in the dirtfilth mecca of Camp 4, the small—but at the same time large by its history—campground at the center of Yosemite, the ditch of great towering dreams of granite that made men feel small yet empowered all at once. In the shadows the rangers, these overzealous ne'er-dofucks seeking trite excuses to punish the punished when they too would break the rules if only they possessed an ounce of borne creativity and not a gun. Soon to be adventurers clatter and clank their gear, a war chest of metallic devices that is the wanderlust's weapon on the vertical battlefield of cracks that shoot skyward to the very unknown that these seekers seek but they do not know why.



The Fall, by Simon Mawer (2003)

Written by one of Britain's most respected novelists, *The Fall* narrates a web of relation-

ships spanning two generations of all-toointertwined families. The climbing scenes, set in North Wales and Switzerland, are utterly believable—not surprising when you learn that Mawer was a passionate climber until he suffered a horrible fall off Scotland's Ben Nevis.

Two more climbing-centric novels to try: Solo Faces, by the highly regarded American novelist James Salter, and Angels of Light, by Jeff Long.



**Beyond the Mountain,** by Steve House (2009)

A memoir by the most accomplished American alpinist of his generation, *Beyond the* 

Mountain is framed by Steve House's three attempts on Nanga Parbat, culminating with a new route up the Rupal Face, with Vince Anderson in 2005. In between are stories from Alaska, Slovenia, the Canadian Rockies, and the Karakoram, rich with detail and dialogue. "The depth of any story is proportionate to the protagonist's commitment to

#### **INSPIRED**

What media motivates the pros

#### **ALEXHONNOLD**

Freedom of the Hills stands out, just because when I read it as a young, budding mountaineer, it got me all psyched to go open-bivy in the mountains and things like that. "Masters of Stone V" was also super-inspiring to me, particularly the section with Dean Potter speed-soloing Half Dome and El Cap. Obviously, I sort of borrowed some of those techniques many years later.

#### PAIGE CLAASSEN

Although the blog world requires some sifting to find the gems amid the clutter, pro blogs offer the most personal and raw insight into the world of climbing. Two of my favorites are Emily Harrington's (emilyaharrington.com) and Heather Weidner's (heatherclimbs.com)-they are well-written, thought-provoking, and always honest.

#### ANGIE PAYNE

The one bit of "media" that stands out is this poster of Lynn Hill that hung on my bedroom door. It was a photo of her on the Changing Corners pitch [free variation on the Nose of El Capitan]. I had no idea of its significance. I just remember looking at that and thinking, "She's small; I'm small. She's a great climber; I want to be a great climber."

#### **MATT SEGAL**

As a kid I was always inspired by the book on Wolfgang Güllich, A Life in the Vertical. He was so ahead of his time and inspiring in all the different aspects of climbing.

#### **JOE KINDER**

Rock Jocks, Wall Rats, and Hang Dogs [John Long, 1994] was my intro into the climber's world and the lifestyle. I have even told Largo eye to eye that his book changed my life. I wore a bandanna on my head like Ron Kauk did the first year I started climbing-ha!

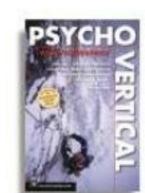
#### JONATHAN SIEGRIST

For me, Jeff Achey's Climb! was key. I studied this book-it largely inspired my stoke for history and motivated a lot of my effort to climb classics at Shelf, in the Flatirons, and around Eldo. Another huge one was Pat Ament's Wizards of Rock, something of an almanac for free-climbing history.

#### **CLINT HELANDER**

Minus 148°, by Art Davidson [1969]. Art's writing [about the first winter ascent of Denali] is wonderfully visual, and you can't help but feel his deep wonder and awe for the environments he explored. The book is all about teamwork and rising above yourself to meet an almost insurmountable challenge.

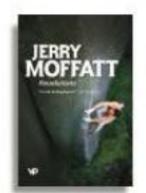
their goal, the complexity of the problem, and the grace of the solution," House writes. On all three counts, Beyond the Mountain delivers.



Psychovertical, by Andy Kirkpatrick (2008)

The British writfirst book weaves an ac-

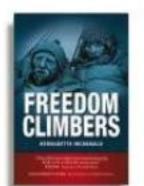
count of a solo ascent of the Reticent Wall, one of El Capitan's hardest routes, with his childhood of poverty and dyslexia. The many epics Kirkpatrick relates from his alpine and big wall apprenticeships are almost painful to read-yet he kept getting up stuff.



Jerry Moffatt: Revelations, by Jerry Moffatt and Niall Grimes (2009)

The autobiography of a superstar of the 1980s and '90s, co-

authored with one of the British Isles' funniest writers, Revelations details Moffatt's intense ambition and training-physical and mental-at the dawn of the modern rock climbing era. Climbing reader Jaya Sachi McFarland says: "If you ever want to be inspired to train, just read any chapter. What a hardman!"



What'd we

your pick to our

syllabus.

#### Freedom Climbers,

by Bernadette McDonald (2011)

The best book by Bernadette McDonald, a biographer and former Banff Mountain Festivals

director, Freedom Climbers tells the story of the generation of Polish climbers who emerged from behind the Iron Curtain to do some of the miss? We know hardest Himalayan climbs in you have opinions. history. McDonald knew many Go to climbing.com/ of the leading players before climbology to add they died and extensively interviewed those who survived, creating an essential record that's

also a great read.



#### The Calling: A Life Rocked by Mountains,

by Barry Blanchard (2014)

The new memoir by Canada's greatest living alpinist is a rol-

licking good time-though it doesn't exclude more troubled times. Blanchard's career has played out mostly on the faces of the Canadian Rockies, far from the relative glamour of the Himalaya or Yosemite. It's at its best when describing adventures with Kevin Doyle, Dave Cheesmond, and other partners on peaks most American climbers won't even recognize-wild men in the wilderness just to our north.

#### MAYBE NOT

Works by three of the most beloved and best-selling authors in climbing literature-and why some say you're better off reading something else.

#### ANNAPURNA, BY MAU-

RICE HERZOG: The "official" book about the first ascent of an 8,000-meter peak is still a bestseller (by climbing standards), and it's a page-turner. But English writer Ed Douglas calls it "self-serving and fundamentally dishonest," and David Roberts wrote a whole book, True Summit, debunking Herzog's account. Roberts: "People should read Annapurna, then read True Summit. Make up their own minds."

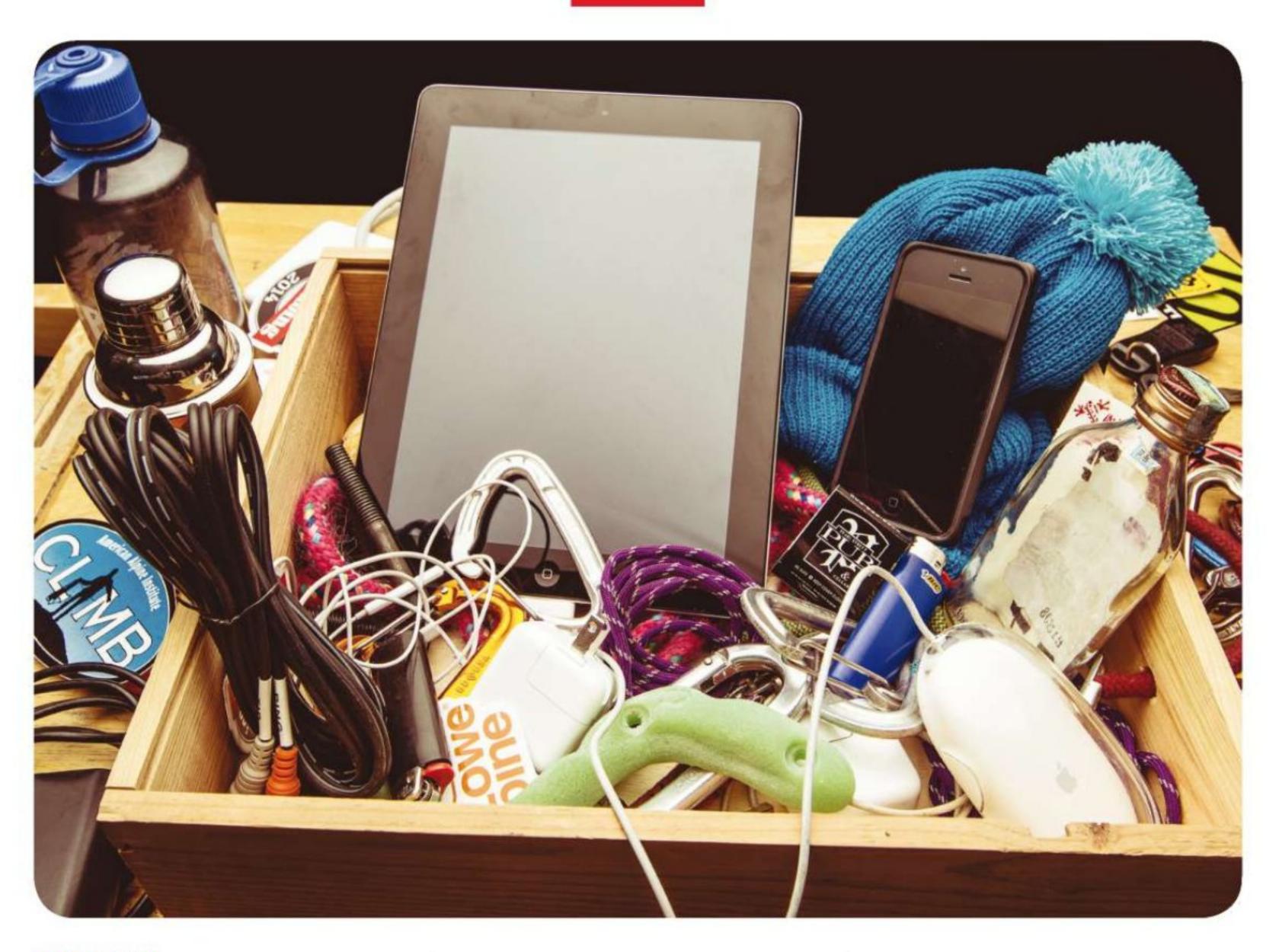
#### INTO THIN AIR, BY

JON KRAKAUER: This

narrative of the 1996 Everest disaster in which eight people died is a superbly written first-person narrative-Krakauer was on the mountain as the events unfolded. Nearly 20 years after it was published, Into Thin Air still ranks at or near the top of Amazon's best-selling mountaineering titles. But critics said Krakauer played fast and loose with the facts, especially concerning Kazakh guide Anatoli Boukreev, who later wrote his own account, The Climb: Tragic Ambitions on Everest, with Gary Weston DeWalt. The debate will never end. As with Annapurna, read both books and decide for yourself.

#### ANY BOOK BY REINHOLD MESSNER:

He has written more than 60 books-translated into many languages. But whether it's the fault of his original manuscripts or the translations, Messner's books are often tough to read. Consider his wellknown and apt quote from All 14 Eight-thousanders: "Mountains are not fair or unfair-they are dangerous." Unfortunately, he elaborates for two more paragraphs: "Mountains... are nothing more than an organic mass," but they "will always remain a useful medium." Admire him for being the greatest mountaineer in history. But for reading pleasure, choose any other mountaineering book in these pages.



#### **FOLLOW**

The Internet is full of... stuff. But a few offerings are consistently interesting, funny, or outrageous enough to keep us clicking back. We focused on independent websites, blogs, and podcasts, ignoring mainstream and social media.

#### The Dirtbag Diaries

DIRTBAGDIARIES.COM

Fitz and Becca Cahall of *Duct Tape Then Beer*, along with producer Jen Altschul and a host of contributors, create long-form podcasts by and for outdoor athletes of all kinds, and they've found a big audience: more than 1 million downloads a year. "They tell outdoor stories rooted in real life, in a way that I find rare among outdoor storytellers," says climber and content strategist Sara Lingafelter. "For a few years, the outdoors was my life, but now, being a weekend warrior, I find stories about the intersection of life and outdoors more inspiring." A Facebook fan recently critiqued Dirtbag for having "way too much climbing stuff lately." Obviously we unfriended this person.

#### **Evening Sends**

EVENINGSENDS.COM

Writer Andrew Bisharat's website—once purely a blog, now a multi-featured site in the Adventure Journal mold—may be prone to rants, but its independent thinking is admirable (and often a conversation starter in the core climbing community) and "The Day I Sent" first-person stories about notable—if not historic—climbs are often excellent. Bisharat recommends Tommy Caldwell's piece on free climbing the *Salathé Wall* in a day—and so do we.

#### **MTNMeister**

MTNMEISTER.COM

This new podcast features half-hour interviews with skiers, runners, and other outdoor athletes in addition to climbers and mountaineers. Boston-based host Ben Schenck posts two shows a week and already has more than 80 in the can. "The point of the show is not about the sports themselves," he says. "I'm fascinated by human behavior, and the show revolves around topics that parallel our lives—weighing risk vs. reward, decision-

making, and the benefits of stepping outside your comfort zone. Our guests serve as extreme examples of those topics."

#### For the Love of Climbing

KATHYKARLO.WORDPRESS.COM

The blog of Brooklyn-based all-around climber Kathy Karlo—"my current focus is climbing hard offwidth"—is packed with personal stories, engagingly and honestly told. To get a feel for the site, she recommends "Grown-ups Don't Sleep in Their Cars!" and "I am Not a Dirtbag." "These posts talk about the thing that most climbers are looking for: the balance between climbing and life outside of climbing," Karlo says. "What kind of sacrifices do we make to live a life we love?"

#### West of Center

WESTOFCENTER.ORG

Veteran audio producer Jason Albert has turned his talents to in-depth stories—20 to 50 minutes—all "linking back to the natural world and a sense of place." The first three episodes focus on mountain themes: El Capitan, avalanche prediction, and the Alaska Range

# CLIMBOLOGY

in winter. The stories combine interviews with multiple subjects, recorded sounds, and Albert's narration to hold it all together. In an interview with *Climbing* in 2013, he said, "Audio can be an incredible visual experience. In an audio story, your mind cre-

Read more here: climbing.com/ news/west-ofcenter-episode-1-scale.

Semi-Rad

ates the visual storyboard."

SEMI-RAD.COM

Writer (and *Climbing* columnist)
Brendan Leonard is a very happy Joe Average in his consistently funny and often-insightful blog about climbing, hiking, mountain biking, road-tripping, and the outdoor life. Leonard picks a topic—e.g., the rules for dating a dirtbag, being a good tentmate—and riffs on them like a stand-up. Bonus: clever napkin drawings and flow charts, like "Is There a Cute Girl at the Climbing Gym?"

#### The Stone Mind

THESTONEMIND.COM

Justin Roth, a Salt Lake City climber and former editor for *Climbing* and *Urban*  Climber—averages one blog post a week at The Stone Mind. Alongside share-ready

topics like "10 Climbing Personal-

ity Types" are more introspective pieces like "Hello Climbing, My Old Friend" and "Bouldering Alone." In such posts, says Roth, "I'm trying to bring a more thoughtful and philosophical perspective, using climbing as a window into a larger matter.

People tend to think of climbing as something of value in and of itself, but its value is what it helps you become."

#### The Enormocast

**ENORMOCAST.COM** 

Climbing podcasts come and go, but Chris Kalous' interviews with the stars of today and heroes of yesterday are destined to last. As of mid-October, Kalous had posted 67 hourlong interviews, and his shows draw an average of 7,000 fans in the first two weeks. He's not ready to quit his day job (house painting), but the enthusiasm of sponsors like Black Diamond has him planning new types of shows.

#### STORYTELLING ON INSTAGRAM

Follow These 5 Inspiring Accounts



PAIGE CLAASSEN

@Paigeclaassen



3 STRINGS PRODUCTIONS
@3stringsproductions



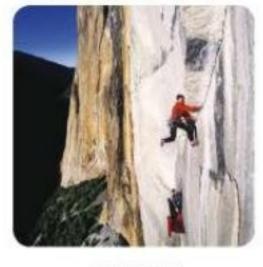
CAMP 4 COLLECTIVE

@camp4collective



MIKEY SCHAEFER

@mikeylikesrocks



COREY RICH

@coreyrichproductions

These days, a great story often starts with a tiny square photo. If a picture is worth 1,000 words, it makes perfect sense.

#### IN-DEPTH

With Enormocast's Chris Kalous

When did you start doing the Enormocast, and what void do you think it fills? December 2011. I listened to podcasts at my painting job and thought, I could do this. "WTF with Marc Maron" was the real inspiration. He started interviewing his friends who are comedians, and it became very popular. Enormocast fills the "authenticity" void. I once read a profile about Heidi Wirtz, and though it was well done, at the end—since I know Heidi really well—I was like, "This didn't capture her at all." Without hearing her laugh and her lack of self-confidence about her climbing, you don't know Heidi. She can't hide that in an actual conversation, and far from being detrimental to her image, it will actually endear her to listeners, particularly women.

What have you learned since starting?
I am becoming a more confident interviewer. In some ways, though, the early shows are actually better. The slapped-together feel was quite compelling. It's no longer as on-the-fly as it once was. Hopefully I will find a happy medium between quality production and DIY mayhem.

#### What pieces are you most proud of?

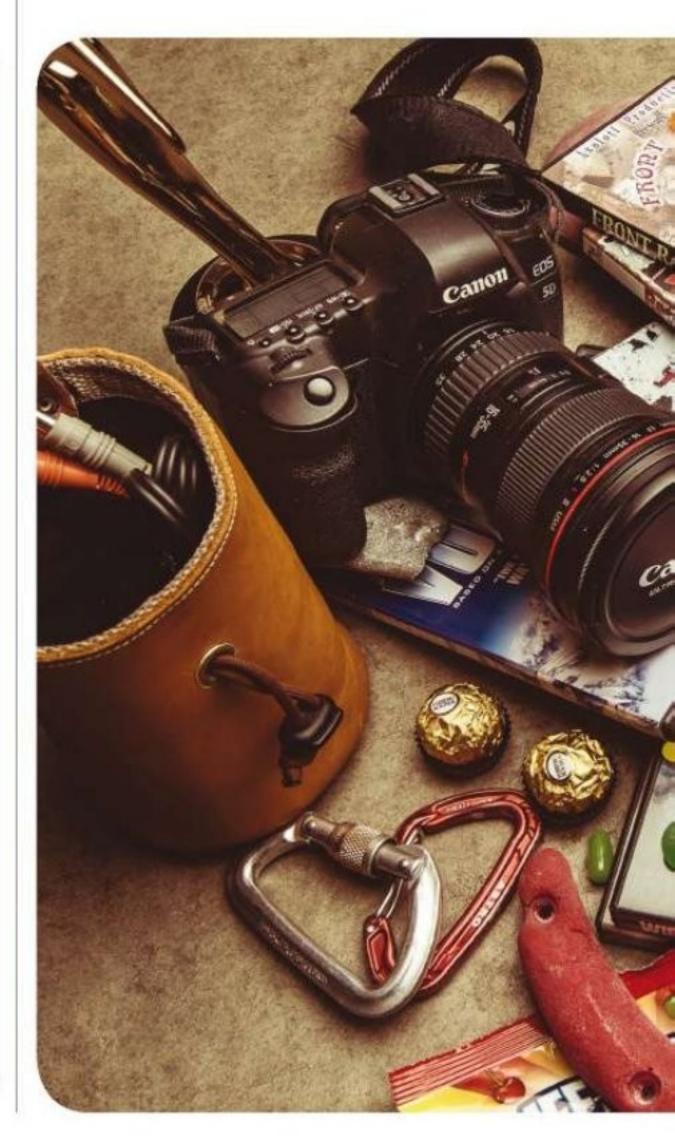
The Hayden Kennedy episodes on Cerro Torre (Nos. 6 and 7). These changed the conversation about the bolt chopping for the better. I also really like the Paul Piana episode (No. 41). I love the flow of the interview, and it meant a lot to talk to him about Todd Skinner's death.

#### **MUST-SEE DVD**

We asked today's leading climbing filmmakers which climbing films they most admired or wished they had made. These four consistently rose to the top.

#### El Capitan, by Fred Padula (1978)

"El Capitan" documents an ascent of the Nose in 1968, the days when climbers carried only pitons for protection and wore corduroy knickers and swami belts instead of harnesses. Yet in all the essential ways, the film captures what it still feels like to climb El Cap today: the nervous banter, the sea of granite, the awesome exposure. The climbing footage was shot mostly by Glen Denny, who climbed on a separate rope team. Padula custom-built wireless mics for the climbers to capture more than 100 hours of dialogue and the sounds of the wall. "El Capitan' was pretty much what got me into climbing," says photographer and filmmaker Andrew Kornylak. "I watched it so many times; the audio is amazing." For various reasons, the film wasn't released until 1978. In 2012 Padula painstakingly restored the entire film frame by frame. Now it's available on DVD in brilliant color.





#### King Lines,

by Josh Lowell and Peter Mortimer (2007)

This hour-long feature from the Big UP and Sender Films team is THE Chris Sharma movie, following him from Clark Mountain in Nevada to Céüse, France, and to the tepuis of Venezuela, all in search of magical lines to climb. The footage of Sharma's attempts on Es Pontas, the unrepeated, frighteningly high, deep-water-soloing arch in Mallorca, is simply stunning. "King Lines' was really inspiring to me," says Louder Than 11 filmmaker Jon Glassberg. "For the first time in a climbing movie, a character was developed really well and followed through the entire journey. I am envious of Big UP's ability to pull off such a huge story so well, and it is a dream of mine to find a character like Chris, at the right stage in their climbing career, and to tell their story with mass appeal and core authenticity."

#### Cold, by Anson Fogel (2011)

Nineteen minutes of pure intensity: Anson Fogel edited footage shot by Cory Richards during the first winter ascent of Gasherbrum II in Pakistan into an emotional masterpiece. Photographer and filmmaker Celin Serbo says, "This movie touched on the reality that trips aren't all fun, often involve a large amount of risk, and leave us wondering why the fuck we are doing this. It seems that so many films focus on the 'living the dream' theme and tend to downplay how serious and scary things can be. It got the audience thinking, and as a filmmaker, that is something we all strive for."

#### Valley Uprising,

by Peter Mortimer and Nick Rosen (2014)

After seven years of labor on this featurelength documentary about Yosemite Valley, Sender Films released "Valley Uprising" in September as the sole film in the 2014 REEL ROCK Tour. Though criticized by some for over-emphasizing certain Valley legends and shortchanging other crucial periods and players-mainly, the 1980s-the film is fast-paced, engaging, and creatively shot and edited. "I think 'Valley Uprising' is the best climbing film ever made, and raised the bar in so many different ways, for both scope and quality," says photographer and filmmaker Ben Fullerton. "It's a comprehensive, feature-length documentary that is as deep as it is high."



#### **HOLLYWOOD HEROES**

Big-budget flicks that got it right. Or close. We asked a dozen leading climbing filmmakers to name their favorite Hollywood film that features climbing. Most cited one of these two.

TOUCHING THE VOID (2003): Director (and Academy Award winner) Kevin Macdonald paired stripped-down interviews with the main players and climber/actor reconstructions of the wild events after Joe Simpson broke his leg on 20,814-foot Siula Grande in Peru. The reconstructions are hyper-realistic, and the tension in the film is palpable, despite knowing from the beginning that both men survive. Filmmaker Jim Surette says, "I once made the mistake of telling my mom that 'Touching the Void' was the most realistic climbing movie I had seen. She had seen it too and was not comforted by that fact."

THE EIGER SANCTION (1975): Art professor and former assassin Jonathan Hemlock (Clint Eastwood) is recalled for duty by some shadowy agency and heads to Switzerland to "sanction" a climber attempting the Eiger. It's campy, which is part of the fun. The climbing, first on the 400-foot Totem Pole, on Arizona's Navajo Reservation, and then on the Eiger Nordwand, is reasonably well done. Still, as filmmaker and photographer John Dickey says, "No big film has ever delved into the characteristics of climbing. Climbing just gets brought out occasionally, like a fast car or a big gun." This flick has plenty of both, and that's OK.

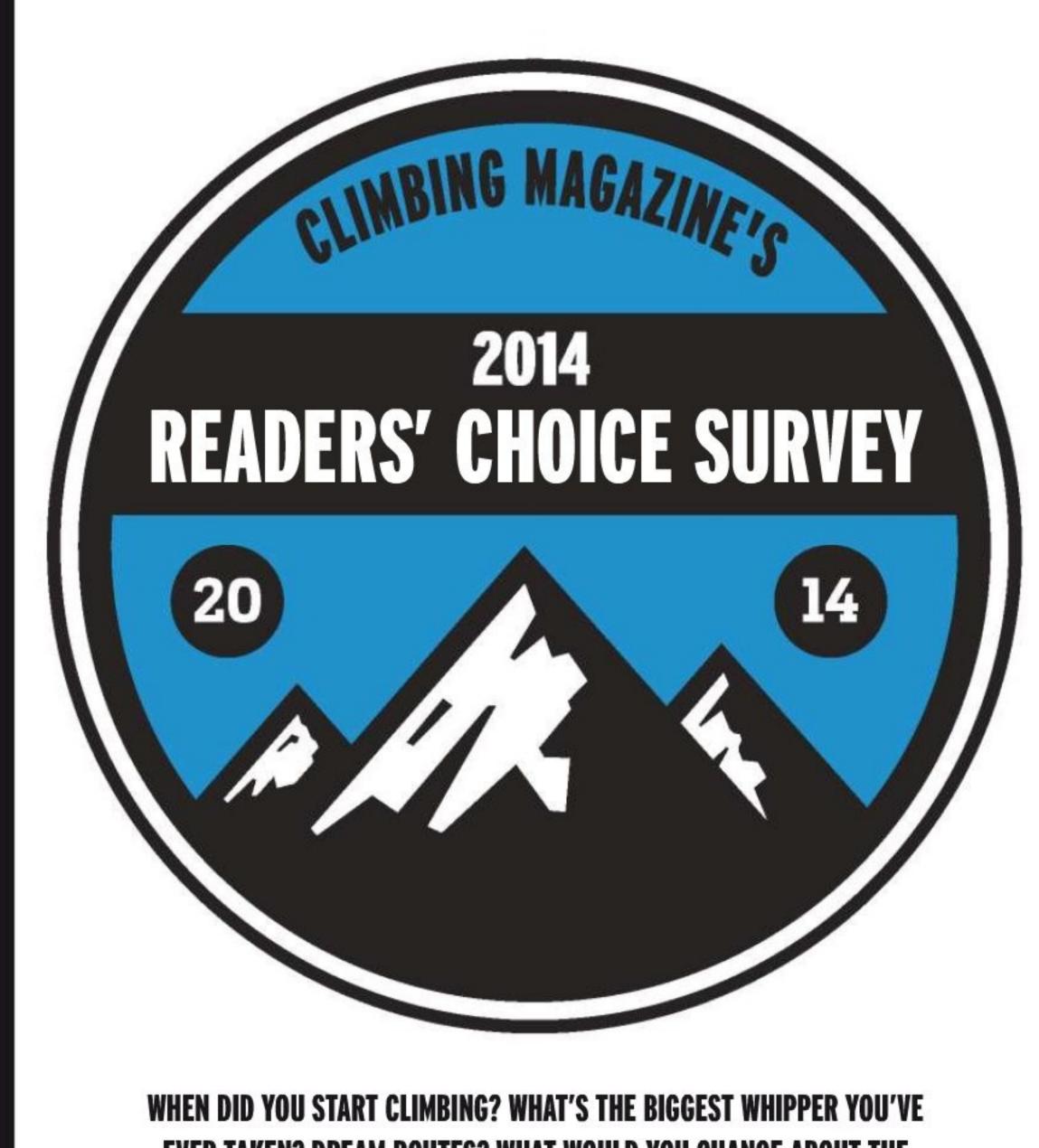
#### SO BAD THEY'RE GOOD

Go ahead. Add 'em to your queue.

Cliffhanger (1993): Sylvester Stallone goes climbing. His harness buckle breaks in half. Need we say more?

Vertical Limit (2000): All-points-off ice dynos high on K2, volatile explosives, unintentionally hilarious dialogue, and an Ed Viesturs cameo.

North Face (2008): The climbing scenes are well-staged in this reconstruction of an ill-fated 1936 attempt on the Eiger. But the plot derails because of a feeble love angle—at the climax Toni Kurz's girlfriend ventures onto the face and delivers this immortal line to her man, dangling half-frozen from a rope: "Hang in there!"



WHEN DID YOU START CLIMBING? WHAT'S THE BIGGEST WHIPPER YOU'VE EVER TAKEN? DREAM ROUTES? WHAT WOULD YOU CHANGE ABOUT THE CLIMBING SCENE? WHAT ARE YOUR BIGGEST CLIMBING GOALS? FAVORITE BEER? THESE ARE THE TYPES OF QUESTIONS WE ASK TO GET TO KNOW EACH OTHER-SO WE ASKED YOU THESE AND (MANY) MORE TO PAINT A PICTURE OF THE CURRENT CLIMBING SCENE AND WHAT IT MEANS TO BE A CLIMBER IN 2014. THE RESULTS WERE INSIGHTFUL, FUNNY, CONFOUNDING, INSPIRING-AND PURE CLIMBER.

WANT IN ON THE FUN? JOIN OUR PANEL AT CLIMBING.COM/READERPANEL.

**ILLUSTRATIONS BY CHI BIRMINGHAM** 

RMINE

STRONG

SCARED

**FUNNY** 

EXCITED

WILLING TO SUFFER

BOLD

BEGINNER

METHODICA

AVERAGE

DVENTUROUS

ACK FIEND

WHAT WORL

#### THE FIRST TIME YOU EVER CLIMBED WAS...

IN A GYM 45%

OUTSIDE 55%

WHAT'S THE HIGHEST GRADE YOU THINK YOU'LL ACHIEVE IN YOUR CLIMBING CAREER?

#### HOW DO YOU SPEND MOST OF YOUR CLIMBING GYM TIME?

| Sport climbing                | 51%        |  |
|-------------------------------|------------|--|
| Bouldering                    | 40%        |  |
| Training (campus board, syste | ems board, |  |
| strength/cardio, etc.)        | 9%         |  |

SHERPA FOR MY PARTNER

FLEXIBLE

AVID

#### IF YOU COULD CHANGE ONE THING ABOUT THE CURRENT CLIMBING SCENE IT'D BE:

- Better education for new climbers
  - Greater respect for the environment
    - ♦ Longer summers!

#### **HOW MANY PAIRS OF SHOES ARE IN YOUR QUIVER?**

| ONE    | 15% |
|--------|-----|
| TWO    | 32% |
| THREE  | 23% |
| FOUR + | 29% |

#### WHICH DO YOU PREFER?



HONNOLD 53% SHARMA 47%



DESERT 40% **ALPINE 60%** 



**SPORT 48%** TRAD 52%

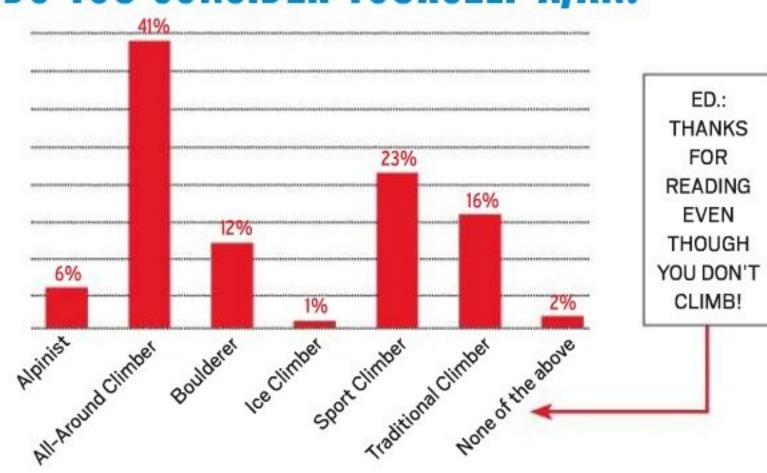


CRACK 40% FACE 60%

**LEADING 80%** 

**CLEANING 20%** 

#### DO YOU CONSIDER YOURSELF A/AN:





SAGED A THINKER DRIVEN

**ENDURANCE JUNKY** 

YOUNG

#### **LENGTH OF LONGEST WHIPPER** YOU'VE EVER TAKEN:

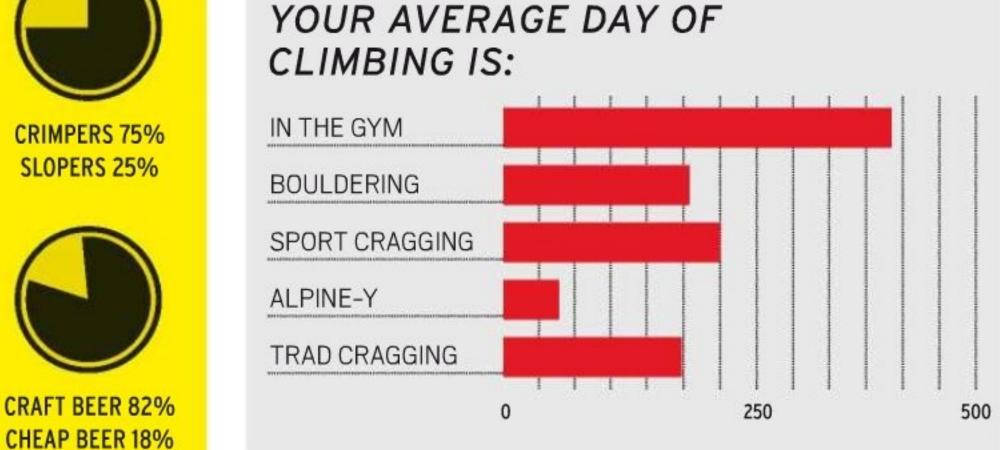
AVERAGE: 20 feet

SHORTEST: 3 feet [Ed.: Sorry, not a whipper...]

LONGEST: 50 feet [...and luckily lived to tell about it!]



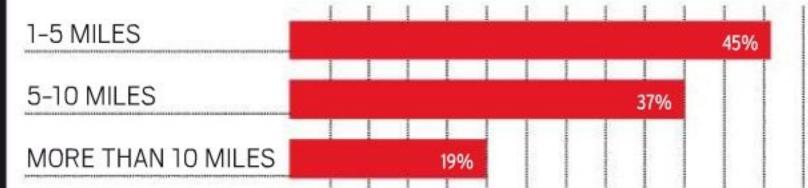








#### NHAT'S THE FARTHEST YOU'RE WILLING TO HIKE FOR A DAY OF CRAGGING OR **BOULDERING?**



#### WHAT WILL BE YOUR TOP PRIORITY FOR **UPGRADING YOUR GEAR IN 2015?**



WHICH DO YOU PREFER?



**MULTI-PITCH 60%** SINGLE-PITCH 30% NO PITCHES 10% (BOULDERING, THANKS)



**GRANITE 58% SANDSTONE 27% LIMESTONE 15%** 



#### WHY HAVEN'T YOU SENT YOUR CURRENT PROJECT YET?

27% HAVEN'T HAD ENOUGH TIME 19% DON'T HAVE THE ENDURANCE 13% **OTHER** 12% MY FINGERS ARE TOO WEAK 10% HAVEN'T FIGURED OUT THE BETA 9% IT'S TOO SCARY Gummy bear weakness, need a partner, I have twins, too busy onsighting

#### THE ONE ROUTE YOU'D **MOST LIKE TO CLIMB BEFORE YOU DIE:**

# The Nose

WHO IS YOUR FAVORITE PRO CLIMBER?

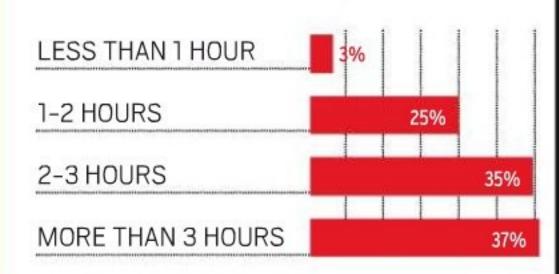
MALE

## ALEX HONNOLD

**FEMALE** 

SASHA DIGIULIAN

#### WHAT'S THE FARTHEST YOU'RE WILLING TO DRIVE FOR A DAY OF CRAGGING OR BOULDERING (IN **HOURS/MINUTES)?**



PERSISTENT

STOKED

"OTHER" (9%) ANSWERS:

DEDICATED

Ice tools/crampons, better chalk, belay parka (ed. find one on p. 36)

COWARDLY

GRACEFUL

CURIOUS

**SKINNY ROPES 60%** 

SOCIAL IMPROVING

DELICATE

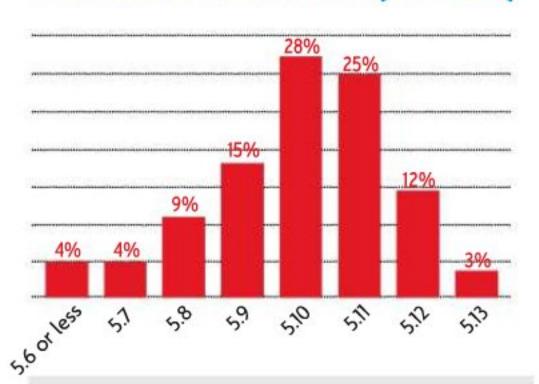
MELLOW



#### WHAT'S YOUR FAVORITE RECOVERY METHOD?

| KLCOVLKI MILITIC              | JU:  |
|-------------------------------|------|
| COLD BEER                     | _30% |
| A HEARTY MEAL BACK IN TOWN    | 22%  |
| STRETCHING                    | 16%  |
| A NAP                         | 13%  |
| PROTEIN DRINK OR SNACK        | _9%  |
| ICE/HEAT                      | 8%   |
| I DON'T BELIEVE IN "RECOVERY" | 2%   |

#### **WHAT GRADE DO YOU CURRENTLY LEAD? (SPORT)**



#### DESCRIBE YOUR FEELINGS ON FREE SOLOING:

- ♦ Be careful up there
- Awed and amazed
  - Early death
- Not for me, but kudos to those who dare

WHICH DO YOU PREFER?



SUBARU 45% **VAN 30%** PICKUP TRUCK 25%



PERFORMANCE SH0ES 55% COMFORT SHOES 45%



ASSISTED-BRAKING BELAY DEVICE 45% TUBE-STYLE BELAY DEVICE 55%



**BURRITO 40%** PIZZA 38% BURGER 22%

CASUAL

ATTENTIVE

ENERGETIC

RESPECTABLE

#### -Boulder V14

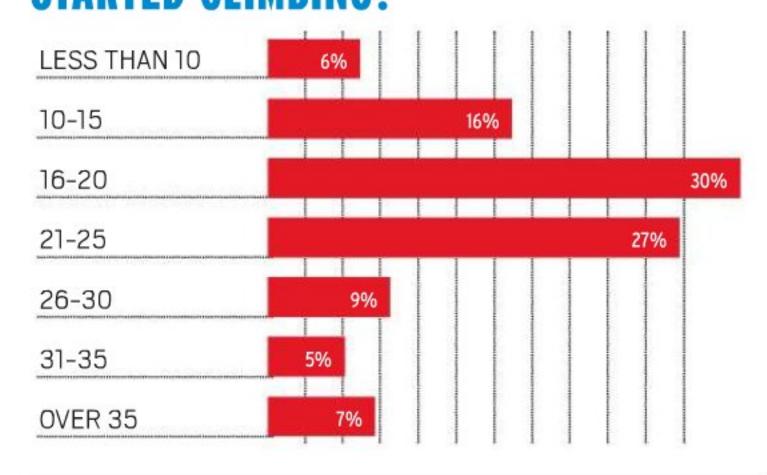
- -Summit an 8,000-meter peak
- -Climb well into my 90s
- -Find, bolt, and send a 5.15
- -F\*\*\* a porn star

[Ed.: this is not a climbing feat; maybe we should have been more specific.]



FOREARMS 66% LATS 22% BICEPS 12%

#### **HOW OLD WERE YOU WHEN YOU** STARTED CLIMBING?



#### WHICH OF THESE FEATS WOULD YOU MOST LIKE TO ACCOMPLISH?



| COMPLETE THE AMERICAN NINJA WARRIOR COURSE | 4%   |
|--|------|
| SCALE THE PSICOCOMP WALL AND JUMP OFF      | 4%   |
| COMPETE AT 24 HOURS OF HORSESHOE HELL      | 4%   |
| SUMMIT THE MOOSE'S TOOTH                   | 9%   |
| NAB A FIRST ASCENT                         | _12% |
| OTHER                                      | _14% |
| CLIMB 5.14                                 | 15%  |
| CLIMB EL CAP                               | 39%  |

#### HOW DO YOU GIVE BACK TO THE CLIMBING **COMMUNITY? (SELECT ALL THAT APPLY.)**

| I PRACTICE LEAVE NO TRACE.   | _80% |
|--|------|
| I STRIVE TO SET A GOOD EXAMPLE AT THE GYM AND CRAG.  | _76% |
| I JOIN CLUBS AND ORGANIZATIONS, LIKE THE ACCESS FUND OR AMERICAN ALPINE CLUB, THAT SUPPORT CLIMBERS OR |      |
| CLIMBER ISSUES.  | _49% |
| I TEACH KIDS HOW TO CLIMB.   | _43% |
| I ATTEND CRAG CLEANUP DAYS.  | _27% |
| OTHER  | _13% |

Contribute beta to Mountain Project, introduce others to the sport, put up quality new routes, rebolt old routes, volunteer at local comps

HOW MANY DAYS DO YOU CLIMB PER WEEK ON AVERAGE?



WHICH DO YOU PREFER?



SHIRT 80% SHIRTLESS 20%



CHALK 90% CHALKLESS 10%



BARE HANDS 80% **BELAY GLOVES 20%**  **AVERAGE # OF STATES** YOU'VE CLIMBED IN:

5.6

IF WE OFFERED YOU A **MILLION DOLLARS TO** QUIT CLIMBING FOREVER, **WOULD YOU DO IT?** 

25% YES

64 DECEMBER / JANUARY 2015

B-DANCER

KEY

A TIOUS

CONSERVATIVE

EXPLORER

CONSIDERATE

SPIDERY

CREATIVE



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Only 4 ounce weight and 3 inches wide, the **FENIX CL20 CAMPING LANTERN** designed with all-season campers in mind, supports standard AA battery and CR123A lithium battery to ensure optimum performance in cold season. The premium neutral white LEDs along with exclusive multifaceted globe provide165-lumen.

fenixlight.com



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gregory.com

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(Parpas color)

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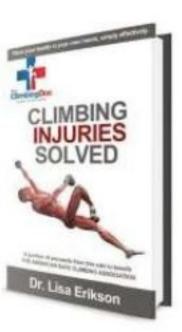


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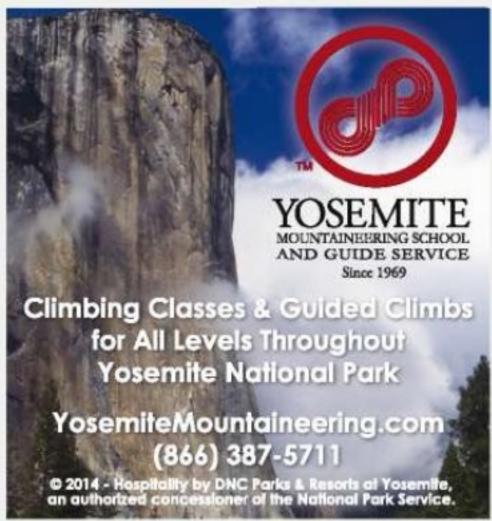
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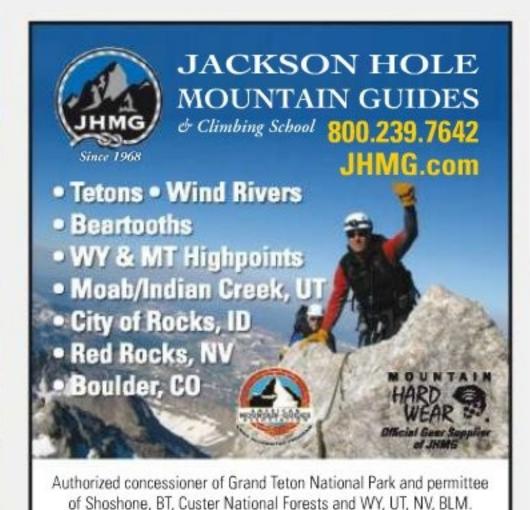
brunton.com



# MARKETPLACE

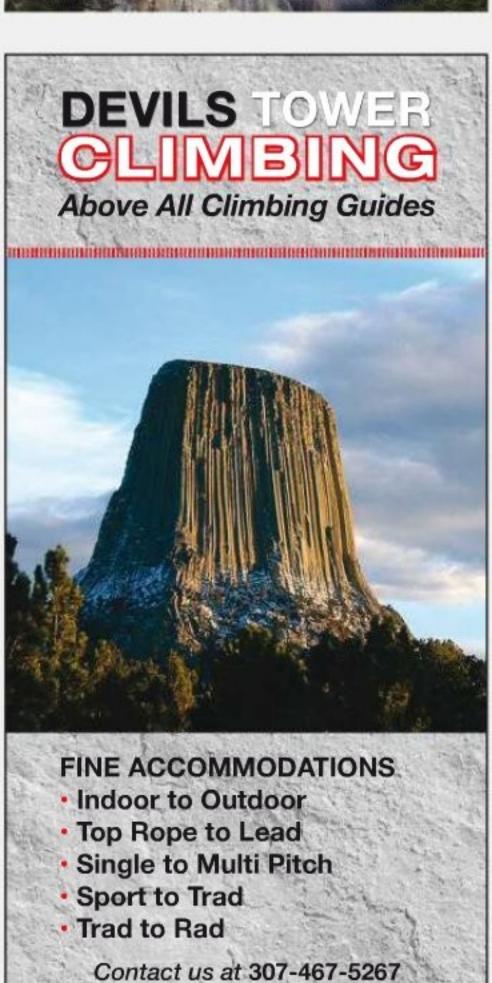
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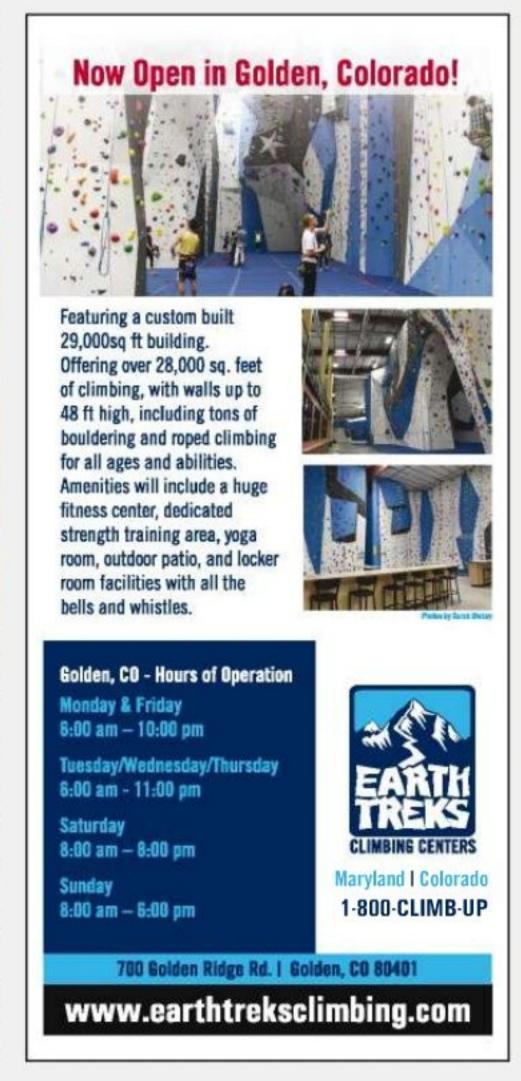


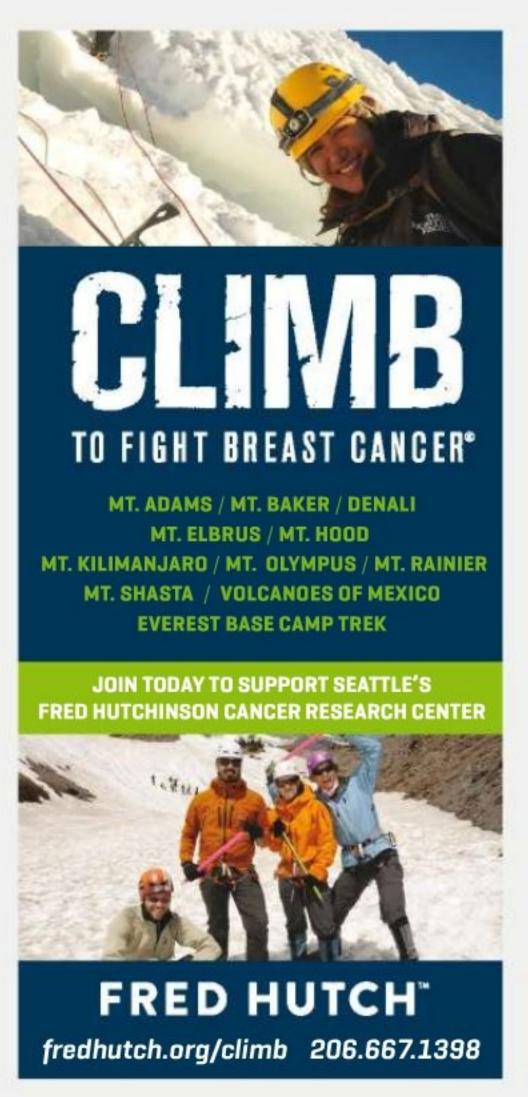


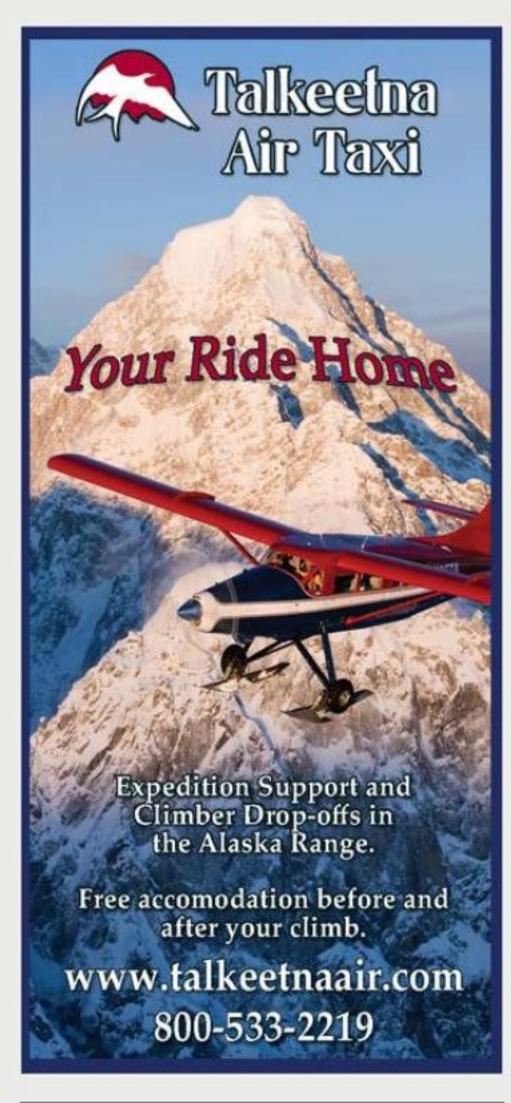
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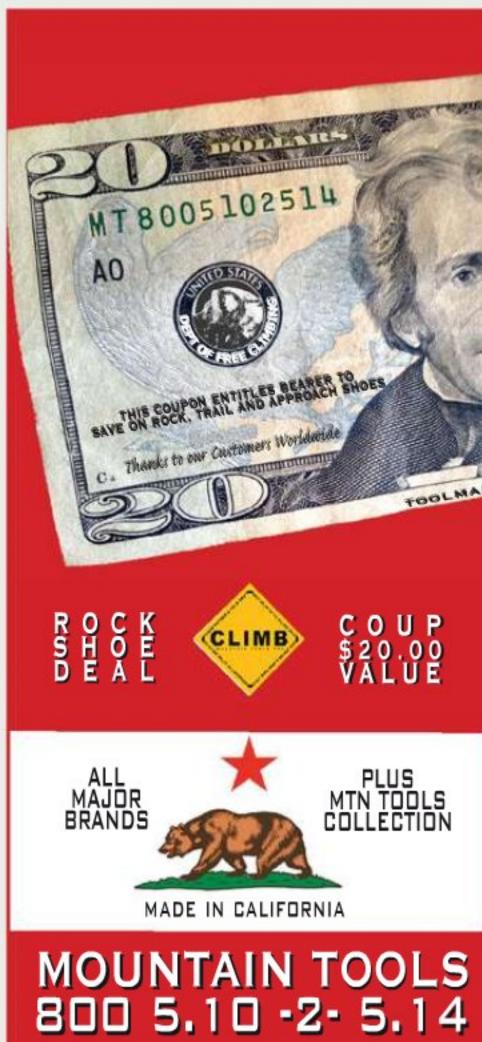
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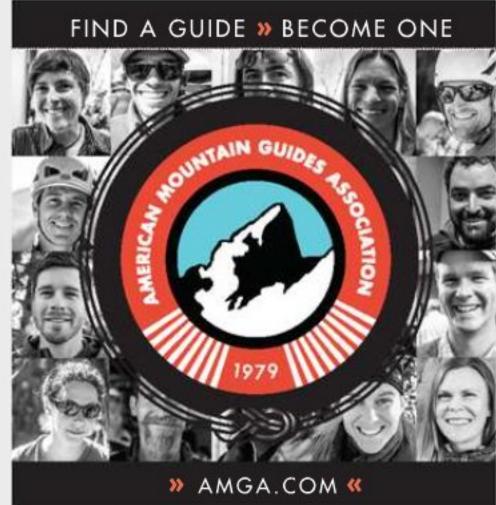
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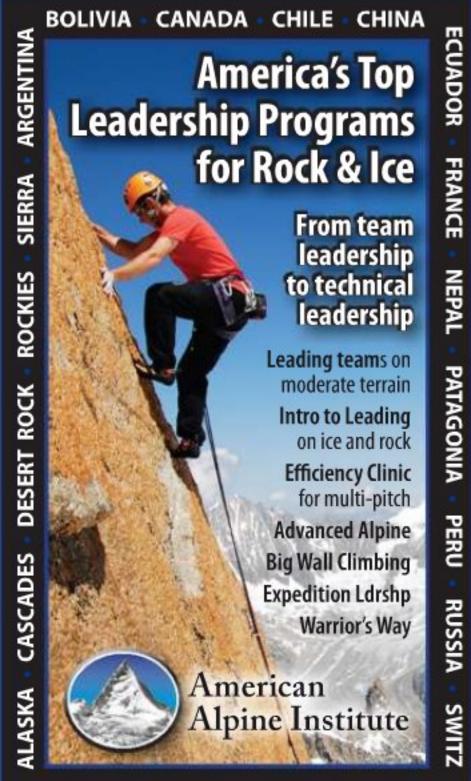


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# BACKPAGE

# Readers We Love

#### Matthew Parent, Los Angeles, California

"They say if you crush hard enough, you'll find the legendary Stonemaster Toilet in Joshua Tree National Park. Only those with grit, dirtbagginess, and bowels of piton-grade steel may perch upon the hallowed rim. It's the crappiest view in the park. Unfortunately, you can't always get privacy."

Got a photo of yourself reading *Climbing* in an interesting location? (It doesn't have to be on a toilet!) Send it to letters@climbing.com.



